

GROW

Focus on building mental and physical resilience through the vocabulary and science of Positive Psychology to leverage your teams' strengths.



Burnout to Balance

Creating Conditions to Thrive

- Explore what's below the Burnout Symptoms
- Do a Burnout Response Assessment
- Create a personal Wholebeing Approach to Burnout



Beyond Being Happy

Why Wholebeing Matters

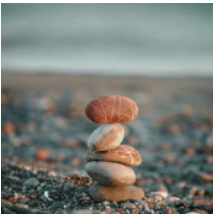
- Build on what works
- Positive Psychology as the science of flourishing
- Practices to build positive emotions for growth



How of Habits

Building Habits for Wholebeing

- Why some habits stick and some fail
- Use the Tiny Habit model to build habits for Wholebeing
- Become the designer of your own healthy habits



Mindfulness@Work

Enhancing Awareness + Presence

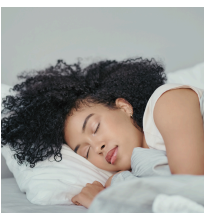
- Understand the three elements of Mindfulness
- Being present as a superpower
- The science of mindfulness on your body and brain



The Breath@Work

Breathe for Energy, Focus + Calm

- Balance the nervous system through breath
- Explore box breathing used by Navy SEALs
- Use the breath to build mental and physical energy



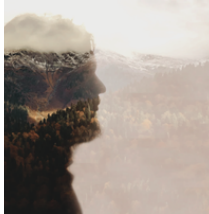
Sleep Matters

Cracking the Code for Better Sleep

- Why sleep matters for your brain and body
- A sleep inventory to see how diet, exercise, and environment affect your sleep
- Build simple sleep hygiene habits

CHANGE

Learn the skills to welcome change as energy, cultivate better problem-solving capabilities and catalyze innovation and growth as individuals and teams.



The Science of Mindset

Mastering a Growth Mindset

- Identify Growth Mindset strengths to overcome fixed mindset obstacles
- Explore the mindset continuum
- Mindfulness as a practice to build a growth mindset



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Harvesting Change for Growth

The Way Resilience Works

- Define resiliency and detect barriers
- Post Traumatic Stress Disorder (PTSD) vs. Post Traumatic Growth (PTG)
- Resilience at work for teams
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You've Got Strengths

Leveraging Character Strengths to Navigate Change

- Utilize Strengths to develop adaptable, self-aware leaders
- Team Strengths to navigate challenges and change
- Strengths skills for decision-making and problem-solving



The Power of Listening

Skills for Leadership + Life

- What great listeners actually do
- Become an empathetic listener for better communication with others
- Embody the posture of empathy and compassion



Creative Problem Solving

The #1 Skill for Life

- Outside the box thinking for creative problem solving
- Creative problems solving as a core leadership skill
- How to train non-ordinary states of mind

CATALYZE

Help your team connect and develop individual and collective character strengths to cultivate collaboration, trust, and proficiency as a cohesive and interdependent team.



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Strengths to Flourish

Your Unique Mind-Body Toolbox

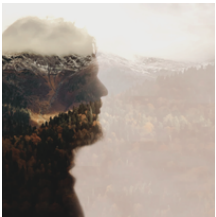
- Explore your unique VIA Character Strengths
- Understand your signature strengths
- Build practices to grow your strengths



Working Better Together

Emotional Intelligence for Healthy Relationships

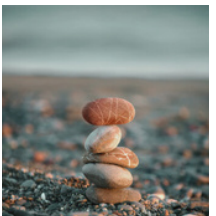
- Define the four competencies of Emotional Intelligence
- Work with your brain's default mode of protection
- Cultivate healthy communication skills



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The Mindful Leader

The Power of Compassion + Kindness

- Compassionate leadership competencies
- Curiosity + kindness for successful mentoring
- Build trust in the workplace