

The Ten Minute Mindfulness workshop sessions are built upon scientific research, applied positive psychology fundamentals and established behavioral techniques. These live events are designed to deliver practical exercises that immediately impact an organization's cultural wellness and business success.

Workshops are available as half-day (2 modules) and full-day (4 modules) events, are tailored to the most direct needs of the organization, and conducted by a certified trainer.

Workshop Modules

Emotional Intelligence

2 hours, 1 assessment

What it is

Emotional intelligence, EQ, has long been identified as a key indicator of success in careers and relationships. It is built on four pillars – self-awareness, self-management, social awareness, and relationship management.

What you can expect

Each team member will complete an assessment for various EQ aspects to understand their personal profile. We'll learn about each pillar and use practical tools to maximize our potential to excel in each aspect.

What you'll achieve

- Greater confidence through self-awareness.
- Improved customer engagement and satisfaction.
- Stronger and relatable leaders who attract top talent.

Personality Styles

2 hours, 1 assessment

What it is

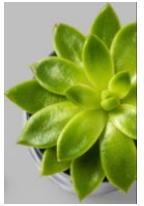
DISC is a personality profile assessment that describes what motivates people based on emotional and behavioral styles, including orientation towards people or tasks and preferred pace.

What you can expect

Each participant will learn about their styles and of those that they interact with, using patterns and grouped descriptions of Dominant (D), Inspiring (I), Stable (S) and Cautious(C) styles.

What you'll achieve

- Improved teamwork, collaboration, and productivity.
- Detailed reports of individuals and interactions between individuals.
- A common language for your team to achieve goals.



Signature Strengths

2 hours, 1 assessment

What it is

The greatest successes are achieved when individuals know their strengths and play to those strengths in work, personal and relational interactions. Over 25 million people have used the VIA science of strengths method to take their performance to higher levels.

What you can expect

Each participant will have access to a strengths assessment to determine their five signature strengths. We'll then use practical exercises to explore and apply those strengths to various workplace interactions.

What you'll achieve

- The confidence of knowing which traits to apply and when to apply them
- Greater ability to manage problems and achieve goals
- Finely tuned individual contributors, a starting point for building diverse teams.

Self-Awareness Through Mindfulness

1 – 1.5 hours, practical sessions

What it is

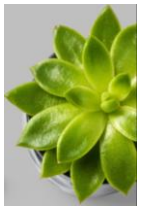
Self-awareness is a foundational component of personal growth within organizations and in everyday life. Deeper insights and clear thinking about inner motivations lead to greater personal development.

What you can expect

Building from the EQ assessment, each team member will learn about their intrinsic drivers. We'll learn how to strengthen awareness with focusing exercises, and easy exercises for inner reflection.

What you'll achieve

- Clarity of thought and sharper focus.
- Consistency and higher quality delivery of tasks.
- Better decisions and greater drive.



Communicating Across Personality Styles

2 hours, expanded DISC assessment

What it is

DISC personality styles describe comfort zones and preferred communication modes. Knowing how to communicate across different styles leads to faster progress, clearer discussions and streamlined results.

What you can expect

This session builds on the first DISC session and includes role play to relate to other team member styles and perspectives. It also includes inter-action guides for each member with other members and how their styles can best interact.

What you'll achieve

- Faster time to results with teamwork.
- Greater customer relationship management.
- Improved office culture through mutual understanding.

Diverse Teams with Signature Strengths

2 hours, expanded Signature Strengths assessment

What it is

Teams that include varied perspectives and different areas of expertise are shown to achieve higher profits and make stronger impact on an organization's success. It's important to know the strengths of each team member to craft a team of unique contributors.

What you can expect

This module builds on the individual signature strengths assessment. Once each team member learns his or her strengths, we'll then explore

the overall team set of strengths, using role play to apply these strengths to various scenarios.

What you'll achieve

- Robust results and comprehensive solutions.
- Greater diversity of thought and culture.
- A highly engaged workplace, greater individual confidence, and greater support of teammates.

Self and Relationship Management Through Mindfulness

1 – 1.5 hours, practical sessions

What it is

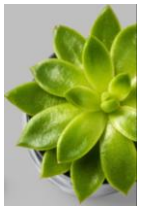
Self-management requires a clear view of an individual's unique capabilities and the willingness to adapt one's behavior to a situational need. This takes tremendous strength of character and a focus on the greatest outcome, transcending individual needs.

What you can expect

More detailed mindfulness practices that will teach the team members how to stay focused and on task to achieve the right goals. There will be "light-bulb" moments of understanding how the greater good leads to individual satisfaction.

What you'll achieve

- Highly productive individuals.
- Heightened collaborative spirit to deliver organizational goals.
- Rewarding experiences for each member through greater achievement.



Workshop Offering Snapshot

Half day workshops include 2 modules - \$2,750

Full day workshops include 4 modules - \$5,000

<u>Module Name</u>	<u>Duration (hours)</u>	<u>Assessment</u>	<u>Mindfulness Practice</u>
Emotional Intelligence	2	X	
Personality Styles	2	X	
Signature Strengths	2	X	
❖ Self-Awareness Through Mindfulness	1.5		X
Communicating Across Personality Styles	2		
Diverse Teams with Signature Strengths	2		
❖ Self and Relationship Management Through Mindfulness	1.5		X

Mindfulness sessions are tailored to the preceding topical session.

The suggested format is one 2-hour session including assessment, plus one mindfulness session for a total of 3.5 hours for each half day.

Choose one topical session and one mindfulness session per half day.

Groups up to 10 people. Materials charge of \$100 per person.

"I learned about my team in a joyful setting and the training provides tips of future interactions, collaborations and team success."

- Fortune 100 Team leader