



## **WORKSHOPS AND KEYNOTES**

### **Tend**

Tend: A Self-Care Check-In and Strategy Session provides an opportunity for participants to slow down and check-in on how they are feeling, be guided in self-calming practices, find support in a community that understands what they are experiencing, discern what self-care they most need at the moment, and create a gentle plan to support their well-being. *60 minutes*

### **Deep Tend**

Deep Tend is a self-care check-in and strategy session designed to give participants tools to create a self-care care plan to support them beyond the workshop. We'll practice 4-7-8 breathing, reflect on how we're feeling/doing and why, learn about preventative and interventive self-care, stress, and burnout, review six components of well-being and consider what we are doing in each area to support our well-being, make well-being plans to boost our care in some of those areas, and create a self-care tracker to help us remember what care habits we want to boost. *90 minutes*

### **Fostering Well-being**

Now more than ever, our well-being and personal sustainability are necessary foundations for each one of us to be able to meaningfully live our purpose. In Fostering Well-being, we'll explore why self-care matters, learn about stress and burnout, discern what care might best support us in completing the stress response cycle and building our equilibrium, draft well-being plans to support our personal sustainability, and consider the support we need to make our plans real. *2 hours*

### **Practicing Care in the Workplace**

We're often at work more hours a week than anywhere else. Practicing collective care at the workplace can help us sustain ourselves through both the tough and triumphant days. In practicing Care in the Workplace, participants will gain insight on burnout, workplace stressors, and dimensions of wellness and brainstorm what practices can be incorporated at their workplaces to boost collective care and well-being. *90 minutes*

## **visionSPARK**

At visionSPARK, participants will intentionally reflect on the past year, acknowledging what it offered them before deliberately imagining the possibilities for the new year, gathering inspiration, and capturing their intention all while receiving thoughtful support. Participants will select a word for the year to guide them and create a vision board to inspire them. *3 hours*

## **On Mission**

On Mission is a thoughtful, creative, and generative workshop that guides a team or organization in identifying their joint values, crafting their institutional or organizational mission statement, and articulating their guiding beliefs. This power team building opportunity generates profound community input and buy-in while creating an inspiring outcome for the organization and reviewing how to use an organization's values, mission statement, and guiding beliefs as a blueprint for action. *4 hours*

## **On Purpose**

In On Purpose, participants are introduced to the concept of personal mission statements inspired by the importance of powerfully living one's purpose. Participants will then draft and edit their own mission statements by going through a powerful, multi-part exercise. Finally, we review how to use one's mission statement to inspire and guide one's choices and actions. *2 hours*

## **Getting Wholehearted**

In Getting Wholehearted, participants learn why saying not to non-ideal opportunities is an essential self-acceptance and self-care practice, discover a powerful way to discern their boundaries through The Wholehearted Continuum, assess their own commitments and work through what changes they may need to make to live more wholeheartedly, review empowering but polite ways to say no, and, ultimately, walk away understanding how saying hard nos in order to embrace profound yeses allows them to more intentionally live a life of purpose. *90 minutes*

## **Manifest**

In this workshop, participants writing manifestos- powerful values-based credos- for their organizations. Whether they chose to write their manifestos for their clients, participants, leadership or around the greater issues they are addressing, each organization will work through creative exercises to conceive their manifesto(s) and then learn how to use them in a powerful way within (or outside) their organization. *2 hours*

### **Spark Your Systems**

In this workshop, participants are actively guided in implementing a powerful time management/ personal organization system based on their values that will allow them to clearly track their responsibilities and commitments, plan their weeks in a proactive way, and accomplish their priorities in a positive, productive manner.

*4 hours*

### **The Resilience Reset**

In the Resilience Reset, participants have the opportunity to enhance their resilience through powerful self-awareness exercises and the practice of soul resetting mindfulness techniques. From practicing lovingkindness meditation to developing an understanding of the key factors that support building resilience, participants will have the opportunity to explore and practice different resilience techniques to better understand what they might need to offer themselves when they face difficult circumstances. *2.5 hours*

### **Thinking Big from the Trenches**

With the challenges of everyday work, it is sometimes difficult to see further horizons. This workshop focuses on re-sparking participants' creativity and bold thinking with innovative exercises that will support their visioning process.

*3 hours*