



## Sessions / Workshops

### 1. Taking the Lead using Emotional Intelligence

Emotional Intelligence is the most sought-after skill for the work environment but it's equally important in our personal life. Our "Taking the Lead" is a great first step to bringing awareness on how you show up everyday, and how well you cope with demands and pressures of everyday life. In this introductory session, we discuss how trust is built or broken, how emotions influence the way we make informed decisions, how to effectively share with others how we are truly feeling, and what's really behind our stress levels. An overview of all 5 competencies of emotional intelligence is covered.

### 2. Understanding Trauma

*"Trauma is not what happened to you but what happened inside of you as a result of what happened to you."* Gabor Mate

Trauma is a personal experience that cannot be discounted. We have been trained and taught that only certain experiences count as traumatic. What we now know is that it's our inner reality that determines the level of trauma we experience. Trauma leaves its mark on each of us. We explore how unsolved trauma impacts our current behaviour, communication, and body health. Without the acknowledgement of the internal trauma, the lack of connection with ourselves increases and pushes us further away from creating healthy relationships with others.

### 3. Shadow Work

Shadow work is best known as a process of unlearning what we were taught or conditioned to believe, behave, see, and feel. This is one of the steps that will help us understand the trauma we have experienced. We discuss the importance of shadow work in order to start honouring our needs and to show up for ourselves. In this process, we discover our buried Inner Child, and learn how to nurture and love our Inner Child. We examine how to best deal with loss, endings, regrets, or resentments that we may still be carrying. The goal of shadow work is to find compassion and self-love for ourselves and others. It's how we go from unbecoming to becoming.

### 4. Foundations of Trust

I'm sure we have all heard the phrase "you can't trust anyone these days." We end up watching someone's every move or we do things ourselves because we don't trust they will be faithful or to do what we've asked them to do. Trust has to start somewhere so why not "me"? We start by examining the behaviours that build and break down trust, identify feelings associated with each, and what the consequences are when building and breaking down trust. Trust is at the heart of all relationships, even with our self.

### 5. Setting Boundaries 101

The heart of boundaries lies in our need for belonging and acceptance. Unfortunately, most boundaries are ignored and left unattended because we have this belief we need to be accommodating, helpful, we can't say no, or we want to be liked. Participants identify their top 15 core values and how those values show up or don't show up in their daily life, and why. Participants learn why boundaries are needed, what happens when they don't exist, what gaslighting sounds like, and to what extent our current boundaries are helping or hindering us. They come to recognize how boundaries are crucial to establishing healthy boundaries with others. Participants also get to identify what boundary(ies) they want to set, and then learn how to set them in a healthy way.

## **6. Courageous Conversations (Coming Fall 2022!)**

Have you ever been in a situation(s) where you've had to have a tough or sensitive conversation with someone? Those conversations are never easy. We feel nervous and scared. Will the conversation go smooth, or will it make things worse? What happens if the other person gets angry and defensive? We teeter between should I start the conversation or ignore it all together? Most of the time, we turn a blind eye hoping the problem will go away or we hope someone else will step in and do it. Having these tough conversations takes planning and really thinking it through. We will cover the reasons why we stay silent one time and other times we feel compelled to speak up. We will learn how to prepare, how to find the right words by rephrasing, and where does vulnerability come into play. Establishing a new approach to conversations will help build confidence for future situations.

## **7. Dreams, Goals & Passions**

We all strive to find meaning and purpose to our life and have a unique drive to contribute. However, when we ask, "what is my passion?" some of us will come up empty; our piece of paper is blank. Asking ourselves first what our strengths and weaknesses are, and what challenges us and what we avoid at all costs, will give us a greater sense of who we are. We will gain insight into what we want for ourselves. Understanding what is of interest to us and why, will spark the courage to explore them. As we fit the pieces together, we discover a new sense of direction, and our passion is ignited. Discovering our passion and dedicating ourselves to pursuing it, can make a huge difference in our happiness, self-motivation, and achievement.

## **8. 5 Love Languages**

Not everyone communicates love the same way. Even though we may feel we are expressing our affection, we may not be communicating it the way the other person needs to receive it. This is at the core of whether someone feels loved, appreciated, and valued. We explore what the 5 Love Languages are (Quality Time, Physical Touch, Gifts, Affirmations, Acts of Service) and what they look and sound like. By determining our primary love language as well as those close to us, we will strengthen our connection and be able to effectively communicate our love to them.

## **9. Appreciation at Work**

Appreciation is basic. As humans, we need it. We crave it. We respond to it. Most organizations do appreciate their employees however, many employees still don't feel appreciated. Why is that? The gap occurs in how effective appreciation is communicated to their employees because what makes one person feel appreciated doesn't necessarily make another person feel appreciated. By utilizing the various Languages of Appreciation (only 4 of the 5 Love Languages) and taking the specific action steps that are meaningful to the individual, will provide the best results for "hitting the mark". These easy and fun steps will help improve morale and provide a foundation for employees to feel appreciated, valued and part of the team.

## **10. The Water Crystal Phenomenon**

Water is a resource we are very familiar with. We know how critical it is to our physical wellbeing however, there is one aspect of water many of us are not aware of. Did you know that our thoughts impact how the water in our bodies feel? We will explore a Japanese scientist's research and the experiments he conducted on water samples from all over the world, and the insight into how our words and thoughts can change the molecular structure of water. The results were so fascinating that he himself didn't fully anticipate. Understanding the results of these experiments could very well impact you as an individual and everyone who you interact with...all because of water.