



LEADERSHIP WOKSHOPS

Courageous Leadership

Becoming a courageous leader is about how you do what you do—it is about living your deeply held values and empowering your team to do the same. Who you are as a leader—the values you embrace, and the beliefs you hold— is automatically transmitted to the group you are responsible for through your words, actions & interactions.

In this workshop, participants will learn:

- How to identify your core values as a path towards courageous leadership
- What current behaviors are out of alignment with your values
- How the skills of courage, curiosity and compassion can transform your leadership style

The Inspired Sales Cycle

Ease in sales is multi-faceted. It is about having the right people, with the tools they need to confidently and authentically connect with your customer. This combination will strengthen client relationships and contribute to growth of a brand and community.

In this training, participants will:

- Understand their WHY and how to bring it to life with every client interaction
- Learn to leverage the tools available to understand the different clients they will encounter
- Build confidence in their authentic approach to educating the client and creating community
- See how this process translates not only to a stronger community but an increase in sales

The Art of Listening

Listening skills are vital to success in business and in life. When we make a conscious effort to understand what people are really saying, we can deepen connection and strengthen relationships with co-workers, friends and family.

In this workshop, participants will learn:

- What active listening is and why it is key in all relationships
- Common barriers to active listening and the disconnect that is created from not being present
- How to use the tools of breath work, meditation and mantra to ground the body & mind to be present for skillful communication

PERSONAL DEVELOPMENT COURSES

Action Cures Fear

Sometimes life can feel pretty overwhelming. We have all been there. Long to-do lists, goals that seem too big to know how to get started. Yet when we choose to be in action, we don't have time to think about the "what if's", make excuses, or second-guess ourselves.

In this workshop, participants will:

- Use the tools of journaling, breath work + meditation to gain strength, courage, and confidence.
- Create their own system for consistently taking action in the face of their fears.

Discover Yourself

Creating a vision for your life consists of knowing who you are, how you want to feel and a deep belief in what is possible.

Teachers and students can use this program as a guidebook to create more clarity around the direction that they want to take for their unique life and understand the support that you will need to get there.

During this time customized workshop, we will practice together and participants will be guided through a tested roadmap for self-discovery with relatable and actionable themes:

- Live your Values
- Cultivate Curiosity
- Commit to Self
- Take Action

Build your Brand

Build Your Brand is an immersion that will help you stand out as a business owner in the Wellness Industry. This course is centered around developing your own brand and creating a plan to execute financial success and stability. You will leave this course not just with concepts but an executed plan.

During the training you will:

- Develop and implement your email building strategy to gain clients
- Create lead magnets that highlights your brand to increase your revenue
- Improve your social media strategy to connect with your audience
- Define your offers to bring in revenue
- Create or refine a landing page or website home page that houses compelling copy
- Implement strong call to actions that attract more clients to your brand

WELLNESS INDUSTRY COURSES/WORKSHOPS

Values Based Teaching

By understanding who we are and what we value at our core, we can create fluidity and ease with our teaching. Bringing awareness to our core values not only gives us direction and accountability in what we say and how we interact but can be a guidepost for the finer skills of teaching such as sequencing, themeing and touch.

During this workshop, we will practice together and then examine our core values as a tool to teach authentically every single class.

Connection through Contact: The Power of Assists

We all have a desire to be seen, heard and connect. Providing skillful assists can communicate more clearly than words. In addition, purposeful touch builds trust and connection between teacher and student by the energy and intention that is exchanged in the moment.

In this workshop for teachers, we will practice together and then partner off working with each other to practice hands-on approaches in a way that makes your students feel supported and encouraged to go deeper into their practice and their journey to self.

On + Off the Mat: Impactful Language + Themeing

Themeing provides an opportunity to create direction in your class and allows the postures and sequences that you have chosen to have a deeper meaning. It begins to shift the students practice off the mat and into their daily lives.

In this workshop for teachers, we will practice together and then utilize a class theme template to bring more focus and deeper purpose into our classes through intentional language and a collective offering.

Intelligent + Intuitive Sequencing

As teachers, we can empower our students to move beyond the physical experience. Asanas are vehicles to unravel what is hidden beneath the surface. Without physical stress, tension, discomfort, students can work into the deeper layers of the experience.

In this workshop for teachers, we will practice together and then deconstruct the process of creating a class that empowers students to move with the intention of liberating the body, mind and spirit.

Miracles on the Mat: Study your Self, Find your Purpose + Joy

With full lives and constant change surrounding us, it is important to incorporate time for introspection. By studying our tendencies + patterns, we can fully know + embrace our unique talents. Through the wisdom of yoga philosophy, we can seek deeper connection to our true, unchanging self and learn to ride the waves of life with ease + joy.

In this workshop for teachers, we will practice together and take a deep look at the Yamas and Niyamas as a modern day path of self-reflection and growth. Attendees will study their guide map and discover how to practically apply these concepts into teaching as well as incorporate these principles into everyday living.

Strength + Surrender Teacher Training

Strength + Surrender is a continuously moving yoga + weights class designed to strengthen you physically + mentally. The addition of free weights + body resistance movements creates opportunity to bring more stamina, balance and body awareness to already challenging postures. Each class ends with a restorative practice that allows time to slow down, deeply listen to the body and bring everything back to whole.

During the training you will:

- Learn the tools of a powerful and fun class: sequencing, the influence of music and the role of teacher
- Experience and receive (2) master classes complete with take-home sequences, playlists and opportunity for online video links
- Leave the training able to craft and confidently teach a class that is safe, effective and memorable for your students.

Mindful Motherhood: Pre + Postnatal Teacher Training

Learn how to guide safe and effective yoga + movement classes for pregnant women and new moms. This comprehensive course will give you the confidence to teach and empower your students at any stage of pregnancy or postpartum.

During the training you will:

- Understand the physical, mental + emotional changes a woman experiences during the 9 months and beyond
- Learn the precautions and modifications necessary to create a safe, empowering prenatal class suitable for all stages of pregnancy.
- Connect with the tools meditation, breathing techniques, mantra and mudra as grounding + centering tools for motherhood.

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Yoga Wall Teacher Training

During this 2-day course, we will explore the benefits of the rope wall. Vinyasa based and restorative poses will be shared with the support of the wall to offer a more therapeutic experience as well as educate our students on the subtleties of alignment.

Participants will leave the training with the ability to not only safely and effectively sequence a class but confidently teach it.

Yoga Teaching Mentorship

Do you want to make a greater impact with your teaching? This program will provide you the technical and soft skills to lead an intelligent class with more confidence, depth and connection.

Small Group Learning + Individual Coaching

Session 1: Sequencing

Learn simple techniques to create easy to follow + impactful classes.

Session 2: Touch

Create connection + empower your students through physical touch.

Session 3: Seat of the Teacher

Understand how body language, verbal cues and your energy affect your classes. In addition, we will dive into what makes you unique as a teacher and how to tap into that power.

Session 4: Individual Coaching + Program Conclusion

Receive feedback on your teaching and work 1-1 together to receive the personalized support you need to grow.

**Note that all wellness industry courses are eligible for Yoga Alliance cec's. Total cec's will be determined based on hours assigned for the course experience.*