



Group Workshops

Mindfulness, Nervous System 101, and Diaphragmatic Breathing

Lower Work & Daily Life Stress, Improve Digestion & Boost Your Sleep Quality
(30-45 minutes)

Let's be real...we can all agree that being calm and centered feels MUCH better than feeling stressed and worried. People function better in life when they feel grounded & happy...and people feel most grounded & happy when they feel healthy & emotionally well. So why is it so difficult to feel chill?! Is it even possible to achieve a relaxed state of being when life can feel like a constant whirlwind?! The short answer to that is YES! This is *absolutely* possible and you're about to learn how...by using your *breath!* It truly is as easy as that.

In this experiential workshop, we will cover the basics of mindfulness and how this relates to understanding one's nervous system. Participants will be trained in a foundational breathing technique called Diaphragmatic Breathing, which has been medically and scientifically proven to support regulating one's nervous system by using the breath to shift from an agitated state of "fight or flight" to a calmer and more relaxed state of "rest and digest." The goal is for participants to walk away with a better understanding of their own nervous system along with a useful breathing tool that can be used to lower stress both at work and in daily life, improve digestion, and boost sleep quality. This leads to an overall happier, healthier, and emotionally well experience in daily life and at work!

Lead With *INNERSTANDING*

How Self-Awareness & Emotional Wellness Fosters Relational Leadership
(60-90 Minutes)

"We are in desperate need of wholehearted leaders who are self-aware enough to lead from both their heart and mind rather than unevolved leaders who lead from hurt and fear" – Dr. Brene Brown

Gone are the outdated and archaic days of leading from a 'command and control' authoritarian style of leadership – instead collaborative, prosocial, and relational leadership skills are being seen as far more effective for 21st century leadership. Research has shown that high emotional intelligence is an *essential* quality for leaders – which can be enhanced through a mindfulness practice. Our connections to others are only as strong as the connection we have with ourself. This experiential workshop is designed to boost emotional literacy, tools to self-regulate, and relational leadership support through mindfulness-based & self-reflective practices.

What we think and how we feel creates our state of being. In this experiential workshop, we will cover the basics of mindfulness and how this practice helps us discover the thoughts of our inner voice that narrate our entire day. This supports our ability to transition from running on "autopilot" to becoming consciously aware (mentally) with feeling much more grounded (emotionally). Participants will be guided through a variety of mindfulness-based techniques, such as Diaphragmatic Breathing - which has been medically and scientifically proven to support regulating one's nervous system by using the breath to shift from an agitated state of "fight or flight" to a calmer and more relaxed state of "rest and digest" - as well as gentle movement, tapping, journaling, and reflection. The goal is for participants to walk away with a better understanding of their inner voice and nervous system, along with a useful breathing tool that can be used to lower stress both at work and in daily life. Cultivating a foundation of internal reflection skills can substantially boost a team's ability to lead together far more effectively & healthily!

[Click Here](#) to schedule a call to learn how I can best support your team! Zoom or In-Person options available :)