

WISDOM FOR THE WORKPLACE



TRANSFORMATIVE TRAINING

BEST-IN-CLASS ONLINE LEADERSHIP & PROFESSIONAL DEVELOPMENT

Cultivate coaching cultures, growth mindsets, mindfulness, emotional intelligence, compassionate communications, positive psychology and self-directed focus.

WORLD-CLASS FACULTY

Courses are designed and presented by renowned business leaders, academics, researchers, authors and blue-chip corporate trainers.

LEADING-EDGE COMMUNITY LEARNING SYSTEM

Step up to inspiring online learning experiences and community of practice camaraderie. Over a decade of social-engagement design is reflected in presentation methods plus direct instructor and peer classmate communications. Each session can scale to any size organization.

TWO ONLINE COURSE FORMATS, AT-A-GLANCE:

Instructor-Led, with online classmates

- » 1 hour/week engagement over 4-8 weeks
- » On-demand, self-paced video and written instruction
- » Community networking forum and accountability teams
- » 2-4 live, instructor-led online interactive events

Self-Paced, On-Demand

- » 1 hour/module with 4-8 modules
- » On-demand, self-paced video and written instruction

ONLINE COURSES



Coach Your Self Up

Practical self-coaching techniques to identify and break through self-limiting behaviors and thought patterns. Learn to be your own coach and take more ownership of your career development.



Super Power Your Decisions

Six steps to intuitive, high-stakes decision making. Learn what intuition is and isn't, how to cultivate it, and how to use your intuition for better, faster decisions in the workplace.



Mindful at Work

Respond more skillfully to difficult situations, make sound decisions, and negotiate respectfully with coworkers using mindfulness, an inherent human ability enhanced through instruction and practice.



Emotions at Work

Strengthen your emotional intelligence to better navigate the complexity of emotions in ourselves and others. Enhance work relationships and minimize stress amidst the pressures of today's fast-paced world.



Thriving Through Transition

Build integrative skills to navigate change through somatic psychology and breakthrough methods. Enhance the change management process for both individuals and teams.

Learn More at [InnerProfessional.com](https://www.InnerProfessional.com)

connect@innerplicity.com



COACH YOUR SELF UP[®]

Self-Coaching Skills for Success

How valuable would it be to engage, increase, and empower employee self-development and coaching skills at ALL levels in your organization in a scalable, cost effective way?

Coach Your Self Up is a development program that provides participants with the approach, techniques, and skills to coach themselves to heightened levels of success at work, and in all aspects of their lives.



Unlocking Potential Through the Self-Coaching Path

Coach Your Self Up is a series of 12 online modules spread across seven weeks. The course facilitates personal evaluation and skill building with support from an online instructor and classmates. Each participant selects and practices improving upon a self-limiting behavior.

TARGET OUTCOMES

- Organizations: Improved Employee Effectiveness, Collaboration, Retention; Innovative foundation for Career Development and/or a Coaching Culture
- Participants: Learn and practice an approach for creating positive shifts

ONLINE COURSE FORMAT, AT-A-GLANCE:

- 7 weeks online with 1-2 hours weekly engagement
- On-demand, self-paced video and written instruction
- Community discussion forum and accountability teams
- 2 live, instructor-led online interactive events

Self-Awareness is Key

We focus on three areas. Our attention (or lack thereof), our self-limiting behaviors, and the stories we tell ourselves that shape our experiences.

Psychology & Science

Built on a strong foundation of Psychology (e.g., growth mindset), Neuroscience (e.g., neuroplasticity), and Behavioral Science.

Powerful in its Simplicity

A simple three-step framework called 'The Self-Coaching Path' can be utilized by participants for the rest of their lives.

"We are positioning CYSU as an innovative foundational component of our approach to Career Development. What could be more helpful to an employee than learning to see where their behaviors are getting in their way and giving them tools to address that?"

-Rich Jacquet, CHRO, Gigamon

"I realized I was creating artificial boundaries for myself. And when I was able to take down those boundaries, new worlds opened up."

-Shafiq T, Finance Leader





SUPER POWER

YOUR DECISIONS

6-Steps to Intuitive High-Stakes Decision Making

Data Informed, Intuitively Driven

Super Power Your Decisions is a seven-module online course to hone leaders and teams' decision-making abilities and outcomes. Learn what intuition is and isn't, how to cultivate it, and how to use intuition for better, faster decisions in the workplace.

UNLOCK YOUR DECISION-MAKING SUPERPOWERS

Decision making is one of the most challenging aspects of leading, as we never have all the information we need and yet we still need to act. Research shows that professionals who incorporate intuition in the decision-making process, along with critical thinking, make better and faster decisions that impact all areas of the business.

TARGET OUTCOMES

- » Read market dynamics more rapidly for better strategy
- » Increase pattern recognition with data and analytics
- » Discover outside-the-box, innovative solutions faster
- » Respond and adapt to unpredictable situations
- » Harness ideation and brainstorm new ideas to old problems

Leaders, managers and teams who take this course:

- » Make more effective decisions, faster
- » Build confidence and clarity for high-stakes outcomes
- » Achieve alignment, agreement and greater collaboration
- » Overcome data overwhelm and analysis-paralysis
- » Improve decision-making processes

Two Online Course Formats

Instructor-Led, with online classmates

- » 7 weeks online with 1 hour weekly engagement
- » On-demand, self-paced video and written instruction
- » Community networking forum and accountability teams
- » 2 live, instructor-led online interactive events

Self-Paced, On-Demand

- » 7 online modules with 1 hour engagement per module
- » On-demand, self-paced video and written instruction

FACULTY

Rick Snyder is the author of *Decisive Intuition* and Founder of Invisible Edge, an international consulting firm. He specializes in developing intuitive intelligence for more effective decision-making, sales, leadership and innovation. He shows how to build confidence in decision making on a gut level.

“Snyder does a masterful job in showing precisely how to develop and use intuition for greater creativity, better choices and more empowered leadership.”

– Brian Collins, CEO, Collins

EMOTIONAL AGILITY



PRODUCTIVITY ACCELERATOR

Emotions contain important information. Approaching challenging situations without emotional intelligence is like driving with the parking brake on. With conscious awareness and learned skills, anyone can achieve smoother interactions, healthier relationships and more satisfying results.

ELEVATE EMPLOYEE INTERACTIONS

Emotional Intelligence is a science and practice that applies to all challenges in life. The insights support anyone facing a risky proposition, in a difficult relationship, questioning confidence, or losing enthusiasm.

WHAT IF EVERYONE COULD...

- » Not just manage stress but circumvent it?
- » Handle challenges and conflicts with more grace?
- » Give and receive feedback non-defensively?
- » Skillfully navigate and deal with personality conflicts or inappropriate behaviors?

LEARN MORE

InnerProfessional.com
connect@innerplicity.com

AUTHENTIC SELF EMPOWERMENT



The Fundamentals

This online course shows participants how to authentically and appropriately access, interpret and act upon key information embedded in emotions.



Blended Learning

- Self-paced: 8 weeks (1hr/wk online)
- Instructor-led: 3 live events (1hr each)
- Peer messaging, exercises and dialog



Results Oriented

- Productive employees & teams
- Reduced intra-company conflict
- Increased employee retention

Leading a Coaching Culture

HOW TO EXCEL VIA INSPIRATION AND INFLUENCE

TARGET OUTCOMES

- » Analyze complex human problems and know what to change; coach people and teams to their best contribution
- » Define your role as a leader and maintain boundaries; move from 'doing' the work to 'leading' and 'inspiring'
- » Respect diversity of values and lead collaboratively; turn around any relationships that are not productive
- » Navigate difficult conversations; return to your center when you've been triggered

ONLINE FORMAT

- **Self-paced:** 6 weeks (1hr/wk online)
- **Instructor-led:** 3 live events (1hr each)
- **Peer group:** messaging, exercises and dialog

"This approach and method is structured, measured, enlightening and fun."

– Paul Bartholomew-King, Leader and Innovator, Mastercard

A SCIENCE-BASED PROGRAM FOR LEADERS AND LEADERSHIP TEAMS

Leading a Coaching Culture is a blended-learning online course and community of practice. The program is designed to help leaders and their organizations uncover deeper self awareness plus hone the skill sets and processes that inspire teams to their best possible performance and satisfaction.

INFLUENCE AND INSPIRATION SPRING FROM KNOWING YOURSELF AND HOW TO COACH OTHERS.

A leader's technical, business or operational acumen may have earned their role, but those qualities alone are insufficient to incite the highest performing teams. Rebecca Watson, the author of *Conscious Leadership and Creating High Performing Teams* has leveraged over 5,000 hours consulting with senior leaders globally to design this course, enabling leaders and organizations to rapidly scale their coaching cultures.

- » **The blended-learning format makes this course highly engaging for busy leaders.**

For more information visit InnerProfessional.com



BROMPTON ASSOCIATES
corporate and executive coaching

INTRODUCTION TO NAVIGATING UNCERTAINTY

TARGET OUTCOMES

Redefine what confidence and competence look like to lead in an uncertain world

Assess the capacity of your team and deploy their strengths to accelerate progress on key initiatives

Understand the structural challenges in the business environment and see uncertainty from a place of possibility

Learn to implement scalable approaches in the heat of the moment, based on positive psychology and neuroscience

How to Lead When What You Know **Doesn't Count** Anymore

A SCIENCE-BASED PRACTICE FOR LEADERSHIP TEAMS

Introduction to Navigating Uncertainty is a blended-learning online course and community of practice. The program is designed to assist leadership teams toward successfully navigating through ongoing change and uncertainty.

Whenever you get blindsided, confidently set your new course.

There is no question we are living in one of the most challenging times in recent memory, across all the domains of our lives. This program, derived from behavioral research and designed by an experienced Fortune 50 C-Suite executive, brings leadership teams together to learn how to identify the right answers and lead through chaos with confidence.

» *This course provides the foundation for an optional follow-on 4-week advanced course*

ONLINE COURSE FORMAT

1 hour self-study with instructor interaction

1 hour live, instructor-led, online practice

"The science-based approach and practices to help professionals navigate through challenging times have definitely benefited my team. People were glued to her presentation, and left with real, practical ideas to help them deal head-on with the many challenges we are facing in a hyper-growth, uncertain and constantly changing environment."

– Mike Hamilton, Global Head of IT, DataBricks



Mindful at Work

Enhance Well-Being,
Collaboration and Results

Tap Natural Abilities, Strengthened Through Practice

In today's turbulent work environment, we are asked to hold the "big picture" while simultaneously juggling immediate priorities and work relationships. Often, reactions to experiences can impede us at crucial moments.

What if employees could meet stress gracefully and address challenges with humor and creativity?

Mindful at Work is a eight-module online course to increase any professional's capacity for focus, innovation, and collaboration. Scientifically proven, basic techniques expand mental and emotional capacity, empowering skillful and confident responses to difficult situations, respectful negotiations with coworkers, and quicker, decisive actions.

TARGET OUTCOMES

- » Apply practices to overcome stress and enhance deep listening, compassion, and confidence
- » Integrate mindfulness in daily interactions, anywhere in the organization
- » Foster mindful team meetings
- » Cultivate a safe, respectful and authentic culture
- » Demonstrate mindful leadership at work, and in daily life

For more information please contact us at
InnerProfessional.com

TWO ONLINE COURSE FORMATS

Instructor-Led, with online classmates

- » 8 weeks online with 1 hour weekly engagement
- » On-demand, self-paced video and written instruction
- » Community networking forum and practice partners
- » 4 live, instructor-led online interactive events

Self-Paced, On-Demand

- » 8 online modules with 1 hour engagement per module
- » On-demand, self-paced video and written instruction

FACULTY

Susan Skjei is the director of the Authentic Leadership Center at Naropa University. Formerly a Vice President and Chief Learning Officer in a fortune 1000 company, Susan has worked with thousands of leaders in the US, Canada, and Europe to cultivate mindfulness and authenticity, strengthen relational skills, and effectively lead the changes they want to see in their organizations and in the world.

"I discovered that obstacles were just opportunities for personal and professional growth. I now successfully lead and support my spirited team with a keen sense of possibility."

- Resa Register, RTT Director, Radiation Oncology, Kaiser Permanente Medical Group