



# Present in the Moment

## 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?

**Present in the Moment** 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*

# 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.



### Present in the Moment

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://InnerProfessional.com)**

**[connect@innerplicity.com](mailto:connect@innerplicity.com)**