

Better Results for a Better World



The success of every relationship and project in your organization is based in resonance.

Speaking and not being heard, wasting time in dysfunctional teams or even feeling rattled, full of doubt and off-purpose are all signs of lacking resonance. Master your resonance within, with others and with your life's work to make your greatest difference, today and every day.

This course shows the way.

RESONATE

MAKE YOUR GREATEST DIFFERENCE

TARGET OUTCOMES

- » Realize enhanced engagement, deeper interpersonal connections, more effective use of energy, and improved resilience
- » Gain a scientific reframe of how resonance affects everything, expanding one's ability to sense and make sense of the world
- » Learn practices that increase resonance for greater presence, stronger relationships, and deeper wisdom
- » Apply resonance to goals, opportunities, teams and large-scale change initiatives

ONLINE FORMAT

- **Peer group:** practices, messaging & video calls
- **Instructor-led:** 3 live, 90-min online interactions
- **Self-paced:** 6 weeks, 1 hr/week online

Professional Coaching: We also offer an option where participants can work with a certified coach trained to guide them on the Resonate journey.

KEY CONCEPTS

The Science of Energy and Resonance

Discover four energy patterns in the human nervous system and how each resonates a different inner experience and outer impact.

Leadership Skills and Applications

Better influence others and handle conflict. Bring new dynamics to team flow and clear the way for a self-selected challenge, project or opportunity.

Energy-building Practices

Engage simple breathing exercises, meditation, and practices for more integrated, connected and impactful decisions and actions.

Ginny has blown it out of the park with this work.
- Anne Miller

The richness of Resonate has enabled me to see many sides of myself that welcome opportunities for growth...I love my new toolkit and have already put it to work. - Lois Pfeiffer

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