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Workshop Menu

Want more thriving teams? Help them create joy!

Research demonstrates that positive emotions have the capacity to broaden our minds; build our intellectual, social and psychological resources; and even undo the physical effects of negativity. These emotions, like joy, connectedness, and curiosity, when effectively facilitated in teams, increase creativity and performance. Leadership, wellness initiatives, and human resources can foster these experiences through simple yet deliberate guidance.

Participants will be able to identify the physical, mental and emotional outcomes of positive emotions on themselves and those around them. More than that, they will experience the outcome of positive emotions on problem solving with small group connection followed by a team challenge. Finally, because teams are groups of potential leaders, participants will be able to create effective opportunities for positive emotional experiences in their team using 3 approaches to connection and positive emotion fostering.

Anatomy of a Habit

Every action speaks a need.

What's the deal with those patterns and habits in your life? Especially the ones you *know* aren't working that well. Why are they so... sticky? So difficult to catch and even harder to stop ourselves? While habits can seem like a strange mystery of compulsion, they can be rearranged! Learn how to strengthen positive habits, realign those that aren't serving you, and how to create willpower and discipline in your life.

Mindfulness: Beyond Sitting

Meditation is almost a cliché these days! Don't let that deter you- it is simple, timeless and could be the key to less stress and more happiness in your life...

Come learn about mindfulness and present moment awareness in action and applied to life. Activity and discussion based, exploring what mindfulness is, what it feels like when we are not, and how it can add to your life in powerful ways.

Goal Achievement Like a Boss: Value-Based and Desire-Driven

So, you've looked around your life and seen some areas for improvement. Maybe you wrote them down, maybe you read books and got started. Felt great out of the gates, got to work and saw some changes... and, then... the intention slowly fizzled. Why? You know that the change will benefit you and have accomplished things in the past...

Learn the big differences between simply setting goals and making them part of our lives until there are completed. Using research-proven tools and techniques, reflect on what is important you and how to use it to make big leaps in your life. Like a boss.

Communication and Boundary Setting with Care

Sometimes a discussion starts with the best intentions and then goes a little haywire. Or maybe we struggle to speak up when something is bothering us. Find yourself saying "yes" when you *know* you need to say no?

We have all been in these situations and struggled to communicate clearly and with love. This workshop will cover approaches to communication and healthy boundaries that will leave your needs heard and set the stage for more listening and mutual respect. What's not to like about that?

Healthy Habits for After-5 Energy

Call it whatever you'd like: energy, vitality, sparkle; it is our most valuable resource! It allows us to produce, to show up, to thrive, to explore... to live **our** lives.

Learn how to create more of that zest and conserve what you have. Get after your passions and purpose with the **power of routines and self-care.**

We will explore the components of self-care routines that will meet your focus, rejuvenation, or motivation needs. And, like Ariel, how to make them a part of your world... through prompts and overcoming inevitable hurdles.

Mindfulness: Befriending Fear

If you change the way you look at things, the things you look at change. - Wayne Dyer

While fear can feel debilitating and overwhelming, it is a powerful motivator and calming anchor of focus. Learn how the practice of mindfulness can radically change our threshold of discomfort and turn fear into an acceptable, even inspiring, part of outdoor sports and life.

Intuitive Eating: Building A Balanced Relationship with Food

Ever been there? Stress-eating over the kitchen sink? Scarfing junk food because you forgot to pack 'healthy snacks' and are certain starvation is near? Learn how to eat for satisfaction, explore your relationship with food, mindful eating and how to hear your bodies cues for hunger and appetite.

For more information about any of these, please reach out to blake@startyourpivot.com

Unique workshops can be created upon request.

For more information about my background and private coaching, visit www.startyourpivot.com

- Blake