

# Off The Shelf

From building better relationships to managing energy and grief in the workplace, the following workshops and experiential talks are designed to UpLevel the overall well-being + performance of your teams, employees, and organization. Bring us into an All-Hands meeting, or specific tailored event, or to your team gathering. The sessions can be delivered in-person or virtually and can be tailored between 45-min to 3-hr time frames.

## Building Magnetic Relationships

Ready for better relationships? Learn and practice Foundational Relationship Skills to build deeper connections and create magnetic relationships with yourself, others, and the greater systems you are a part of.

## Enhancing Digital Wellness

Burned out? Addiction to email, screen + pandemic fatigue are impacting organizations' ability to create safe, engaged cultures of wellbeing. Learn tips and tools to help form a healthier relationship with technology and boost digital wellness.

## Increasing Emotional Leadership

Form a healthier relationship with emotions by understanding the scientific & evolutionary purpose behind them. This work is designed to enhance emotional fitness and offers ways to lead with emotions in a responsible and resilient way.

## Managing Energy Effectively

Learn & practice Emotional Leadership & Yogic Sciences concepts to combat Pandemic & Screen fatigue and deepen connection to self, others and enhance energy throughout the workday.

## Harnessing Head Trash

Heighten your self-awareness to better understand how self-limiting thoughts and beliefs can sabotage your well-being. Learn how to identify and trash these destructive patterns.



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## Identifying Leadership Purpose & Uncovering Values

Gain clarity on what's most important to you - your unique blueprint. Create greater alignment to your values by uncovering and being able to articulate how you are meant to serve (others, your organization, and beyond) and the impact you are here to have.

## The Power of Intention

Leaders need to be clear on their intentions in order to lead powerfully, develop others and achieve desired business results. Experience breathwork techniques and focused visualizations to activate clarity and walk away with the tools needed to move visions and goals forward.

## Managing Grief in the Workplace & Schools

That's the annual amount Grief and Mental Health Challenges cost US Organizations (Grief Index). By learning the myths of grief and understanding that everyone's grief journey is unique, organizations can Uplevel the wellbeing of their employees and create a supportive inclusive culture where grief is included and honored. Make your workplace - grief safe. Our training for employees, educators, and community leaders helps organizations to understand, train and support their people through individual and collective grief.

## Understanding & Honoring Grief

At UpLevel we believe that no one should wait until death to hear about; the impact they've had, the difference they've made and the love they've shared. We want people's lives to be Living Wakes! With key stakeholders from your organization, community, or family system, we co-design, curate, coordinate, co-host and facilitate these impactful & meaningful events in order to acknowledge, witness, and celebrate a; colleague retiring or leaving the company, a colleague/friend/family member who has hit a milestone, or is sick and preparing for death and transitioning. Our lives need to be celebrated while we're living, let us support you in designing and delivering a meaningful Living Wake.

