

Wisdom House Collaborative would like to invite you to...

Search Inside Yourself July 29 & 30!

[Register now](#) on our website WisdomHouseOmaha.org 😊

WHO: Search Inside Yourself is by invitation for non-profit and community leaders, mediators and anyone else who wants to develop mindful listening skills that create psychological safety leading to the most creative teams and creative solutions.

WHERE, WHEN, and WHAT: July 29 & 30, 2024

@[Carol Joy Holling Swanson Retreat Center](#) near Ashland, NE

This program was originally designed by Google for its leadership teams. The two-day program guides participants through hands-on practices demonstrating that: cultivating self-awareness will lead to emotional regulation, will lead to better communication, that ultimately leads to better relationships and psychological safety. Lodging is also available and encouraged by discounted prices. We have applied for 12 hours total of Iowa CEU's and Nebraska MCLE's. We believe Nebraska CEU's are now self-reported.

Monday, July 29 DAY 1

9:00 — Start Practice: Attention Training: How do we develop emotional Intelligence?

Mindfulness: Moving from autopilot to aware Practices: Open Awareness and Body Scan

Self-Awareness: Knowing one's internal states

12-1— Mindful Lunch Included

1-4:30—**Self-Management:** Skillfully manage your impulses and reactions Practices: Mindful Listening, Reframe and respond to challenges in the moment and Self-Compassion

4:45-5:45 Happy Hour Included- Monday also includes happy hour on the patio with leading author and sports psychologist, **Dr. Larry Widman**, who will share on the topic: **"The Intersection Between Mindset and Mental Health and Well Being in Peak Performers."**

6- 7:00 Optional Dinner (Included with lodging or \$15 extra for Day Pass participants)

Tuesday, July 30 DAY 2

9:00 —Introduction **Motivation:** Align your values and work Exercise: Alignment with values, Envisioning Practice: Visualize your goals, Practice resilience, Recover from setbacks

Empathy: Understand others' feelings and experiences Exercise: "Just like me"

12- 1 — Mindful Lunch Included

1-4:30 —Practice: Mindful Walking and Empathetic Listening Exercise: Difficult Conversations **Leadership:** Lead with compassion, Compassion Practice and Leadership Commitment Application Brainstorm

HOW: [Registration](#) is available using the QR code or on our website WisdomHouseOmaha.org

COST: 2 full days of Search Inside yourself training including materials, lunch,

snacks & happy hour for \$360 per person. Lodging for the night of July 29th is only an extra \$15 per person!

Aaron D. Weiner Co-Director, aweiner@akclaw.com 402-290-0406 (cell)

Wisdom House Collaborative Suite 300, 8712 W. Dodge Rd. Omaha, NE 68114 wisdomhouseomaha.org

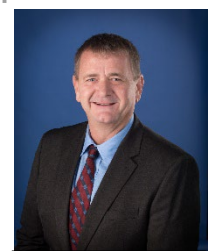
Cultivating a more mindful community 😊



Search Inside Yourself
Leadership Institute



Chantelle Fitzgerald
Mindset Strategies



David Fringer

Wisdom House
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