



Expand your skills, invest in your team!

The Power of Mindset: Effectively Resolving Conflicts Through Mindfulness

Date & Time: April 20, 2023, at 8:30am to 12:30pm

Cost: \$285 for this workshop (There are two other in-person workshops in November and February. Register for more than one and receive a discount of \$535 for two or \$785 for all three)

Location: Higher Education Center in Medford

Description: Studies show that 85% of the productivity losses and breakdowns in organizations are due to misunderstandings or conflict between people, teams, or departments. **The Power of Mindset** course provides practical steps used in today's top organizations for quickly, effectively, and productively resolving conflicts between individuals or groups, including well-established mindfulness practices that create a supportive brain and biochemical state that enhances whole-brained thinking and solution orientation.

Learning objectives:

- Explore the direct connection between a person or group's pre-established mindset and the results they produce.
- Discover how to expand beyond 1st order change – behavior modification – to 2nd order change – a powerful mindset shift – to dramatically expand the menu of possible solutions.
- Learn to quickly discover and set aside limiting beliefs and biases that are interfering with the resolution process while opening up another level of solution engineering.
- Practice using an easy-to-apply method for increasing your personal power and ability to find and apply solutions to a myriad of possible conflicts.

About the Presenter:

Christopher Harding is the Founder and Senior Consultant for global consulting and training firm, Luminary Communications. In his role, Chris advises the company's Fortune 100 clients and facilitates courses on Communications, Creativity and Innovation, Diversity, and Empowerment. Having previously worked as the President and General Manager of a worldwide television, home video and music sales and distribution company. Armed with over two decades of previous real-world experience as a business leader and hands-on executive, Chris brings the kind of wisdom and knowledge to client relationships and interactions that only comes from having been in the trenches.

Go to sou.edu/professional to register!