

## **Conscious Personal & Professional Development Workshop Series**

“Consciousness: Your Path to Personal & Professional Growth”

The agenda below is a series with three (3) workshops/webinars focusing on personal development and growth.

### **Program Agenda:**

- **Part 1 - Self Discovery**
  - Conscious Principles & Self Realization - Who Am I Really?
  - Reconnecting with Your Why
  - *Activity:* Ikigai & Workbook (self-study)
- **Part 2 - Self Awareness**
  - Emotional Awareness
  - Beliefs
  - *Activity:* Emotional De-escalation & Dealing with Limiting Beliefs (breakout)
- **Part 3 - Conscious Expression**
  - What Are You Putting Out There?
  - The Present Moment
  - *Activity:* Breathing Through It (Group Mindfulness Breathing)
  - *Activity (Post-Workshop):* Experiencing it for Yourself - See Where the Day Takes You!