



Conscious Leadership — and Team Development —

— Workshop Series —

WHAT IS CONSCIOUS LEADERSHIP?

Conscious Leadership is the process of leading from a higher awareness of self and others with a focus on

- **Self discovery**
- **Emotional intelligence**
- **Social awareness**
- **Expanding awareness of the human experience**

Conscious leaders recognize the **world as a thought created reality** and practice **being present**. They know how to quiet their minds in any situation and seek guidance from within. Conscious leaders also understand this **innate inner wisdom is available to everyone**.





ABOUT THE PROGRAM

Our interactive and dynamic workshops facilitate executives, teams, groups, departments, organizations, students and teachers to work together more collaboratively, effectively and efficiently.

The workshop empowers participants to

- **Become more self-aware**
- **Focus and feel more balanced**
- **Communicate and express ideas more clearly**
- **Be proactive and accountable**
- **Seek clarity for effective decision making and taking action**

Teams will learn to adapt to any situation, collaborate consciously and communicate more effectively.

THE CONSCIOUS LEADERSHIP MODEL

Mindful self discovery and social awareness are the foundations of the Conscious Leadership Model.

These concepts are critical to a conscious leader's ability to

- Create meaningful relationships
- Make conscious choices
- Take inspired action

The Conscious Leadership Model is a process in which individuals continuously grow, adapt and develop.



PROGRAM AGENDA

FOUR-HOUR EXAMPLE

Our workshops are available in 2-hour, 4-hour and full-day formats and can be taken in-person or virtually via video. Additionally, workshops can be customized based on your specific needs.

MODULE 1

Self Discovery

MODULE 2

Self Awareness & Expression

MODULE 3

Social Awareness & Relationships

MODULE 4

Decision Making and Taking Action

— ADDITIONAL MODULES —

- Principles of Consciousness
- Communication & Collaboration
- Important Conversations
- Professional Relationships

- Team Facilitation
- Emotional Intelligence
- Social & Emotional Mastery
- Inspiring Presentations

- Executive Coaching
- Career Coaching
- Professional Development
- Business Growth and Development

ABOUT US

Seva Learning is an educational company dedicated to serving humanity through consciousness trainings, courses, coaching and workshops. Seva Learning helps individuals and groups grow to their fullest potential through self-reflection, personal development and discovering an expanded awareness of humanity and the human experience. For more information, visit: <https://sevlearning.com/>

INSTRUCTORS

Norby Belz, PhD, MHSA, RHIA is a business and career coach who integrates mindfulness practices with nearly 20 years of leadership experience to create and grow businesses. He works with universities, schools, businesses and individuals to create their vision and transform the vision into reality. His expertise is developing and conducting workshops, programs, seminars and webinars on leadership, personal and professional development, interpersonal skills and team collaboration.

Norby is the founder of Seva Learning and co-founded a nonprofit school-based program which provides mindfulness, resiliency and educational development training for teachers, students and administrators. Prior to starting his business, Norby spent over 16 years at an academic medical center as a project manager, professor, director and department chair. He also has over 13 years of in-person, online and hybrid teaching and curricula development experience.

