



MASTERY  
SQUARED

## MASTERY RENAISSANCE

*Creating a Vibrant Life Free of Self Imposed Limitations*

### DESCRIPTION

We as human beings, by our very nature, seek a life of authentic purpose and meaning. Yet, we all seem to get in our own way.

Modern society is heavily focused on mental development, essentially IQ over EQ. This results in individuals and groups exhibiting under-developed self-awareness. Lack of emotional intelligence and conscious living detracts us from creating the life we seek. In our work life, our lack of emotional intelligence and resiliency limits our ability to maintain stamina, skillfully work with others and make sound business decisions. Current literature makes it clear that emotional intelligence, or lack there of, significantly impacts an organization's ability to respond to change successfully in today's fast paced and ambiguous environment.

Recent discoveries in neuroscience and research on the benefits of "mindfulness" are providing new and powerful tools for leaders to enhance effectiveness. Committing to the development of this capacity to live and work consciously is paramount to business success today.

**Mastery Renaissance is a highly interactive 4-day or 2-day seminar to begin this voyage.**

### OBJECTIVES

By the end of the seminar, leaders will be able to:

- Understand neuroplasticity, the functions of the brain and how they impact their leadership.
- Utilize a process for re-wiring the brain to better leverage leadership strengths and manage disruptive tendencies
- Utilize 1-2 skills to tame the amygdala in order to focus thinking and increase employee and customer satisfaction
- Utilize 1-2 skills to activate the left frontal lobe to increase positive feelings, resilience and impact.
- Describe the role good sleep plays in neuroplasticity & overall health/well being, assess current behavior & create action plan
- Describe the impact of diet on neuroplasticity; select 6 foods to consciously incorporate into their diet
- Utilize 1-2 memory skills
- Describe the role exercise plays in creating new neurons, assess current behavior & create an action plan
- Describe how relationships contribute to well-being, assess current behavior and create an action plan
- Describe how regular meditation contributes to well-being, assess current behavior and create an action plan
- Define and increase capability with self awareness, self regard, and self regulation (stress tolerance and impulse control)
- Define and increase capability with behaviors of: empathy, interpersonal skills, resilience and mood (optimism and happiness)
- Utilize the following self-awareness tools: competing intentions, appreciative inquiry, and triple loop learning.
- Utilize 3-4 tools to increase resilience

## 4 DAY SEMINAR PRE/POST EVENT ACTIVITIES

Leaders complete 6-8 hour of learning activities outside of the workshop including:

- 1-2 Assessment Instruments: Your organization's 360 instrument, Hogans, and/or other instruments given the context of the specific engagement
- Pre-reading assignments
- Self reflection assignment
- Business application assignment
- 2 coaching conversations
- Customized daily practice application exercise

DAY 1	DAY 2	DAY 3	DAY 4
<p><b>Introduction</b></p> <ul style="list-style-type: none"> <li>• Welcome, purpose, seminar overview, approach</li> <li>• Expectations &amp; introductions</li> <li>• Pre-work review and exercise               <ul style="list-style-type: none"> <li>– Values, core intention, your “Why”</li> <li>– Leadership strengths and disruptive tendencies</li> </ul> </li> <li>• Daily practice introduction</li> </ul> <p><b>Re-wiring Your Brain</b></p> <ul style="list-style-type: none"> <li>• Neuroplasticity</li> <li>• Process for re-wiring</li> <li>• Application exercise</li> </ul> <p><b>Emotional Intelligence</b></p> <ul style="list-style-type: none"> <li>• Introduction and model: Self Regard, Self Awareness, Self Regulation, Empathy, Resilience and Mood</li> <li>• Self regard definition &amp; exercise</li> <li>• Emotional self awareness definition &amp; exercise</li> </ul> <p><b>Mindfulness</b></p> <ul style="list-style-type: none"> <li>• Mindfulness and meditation               <ul style="list-style-type: none"> <li>– Current scientific research review</li> <li>– Mindfulness practice</li> </ul> </li> </ul> <p><b>Close</b></p> <ul style="list-style-type: none"> <li>• Homework (diet, sleep and exercise)</li> <li>• Plus/Delta for the day</li> <li>• 10 minute breathing meditation</li> </ul>	<p><b>Mindfulness &amp; Meditation</b></p> <ul style="list-style-type: none"> <li>• 10 min intention meditation</li> </ul> <p><b>Re-wiring Your Brain</b></p> <ul style="list-style-type: none"> <li>• Review homework on diet, sleep and exercise</li> <li>• Taming the amygdala</li> <li>• Application exercise</li> <li>• Activating the left frontal lobe to create positive impact</li> <li>• Application exercise</li> </ul> <p><b>Emotional Intelligence</b></p> <ul style="list-style-type: none"> <li>• Self regulation: stress tolerance definition and exercise</li> <li>• Self regulation: Impulse control definition and exercise</li> </ul> <p><b>Integrating Tool</b></p> <ul style="list-style-type: none"> <li>• Competing intentions</li> </ul> <p><b>Close</b></p> <ul style="list-style-type: none"> <li>• Homework: Competing intentions and memory skills</li> <li>• Plus/Delta for the day</li> <li>• 10 minute compassion meditation</li> </ul>	<p><b>Mindfulness &amp; Meditation</b></p> <ul style="list-style-type: none"> <li>• 10 min single pointed concentration meditation</li> </ul> <p><b>Re-wiring Your Brain</b></p> <ul style="list-style-type: none"> <li>• Review homework on memory</li> <li>• Resilience definition and exercise</li> </ul> <p><b>Emotional Intelligence</b></p> <ul style="list-style-type: none"> <li>• Empathy definition and exercise</li> <li>• Interpersonal relationships definition and link to re-wiring</li> <li>• Inquiry and advocacy techniques</li> </ul> <p><b>Integrating Tool</b></p> <ul style="list-style-type: none"> <li>• Appreciative inquiry</li> </ul> <p><b>Close</b></p> <ul style="list-style-type: none"> <li>• Homework: Competing intentions and memory skills</li> <li>• Plus/Delta for the day</li> <li>• 10 minute intention meditation</li> </ul>	<p><b>Mindfulness &amp; Meditation</b></p> <ul style="list-style-type: none"> <li>• 10 min analytic meditation</li> </ul> <p><b>Emotional Intelligence</b></p> <ul style="list-style-type: none"> <li>• Resilience definition and exercise</li> <li>• Mood: optimism and happiness definition and exercise</li> </ul> <p><b>Integrating Tool</b></p> <ul style="list-style-type: none"> <li>• Triple loop learning</li> </ul> <p><b>Daily Practice Planning</b></p> <ul style="list-style-type: none"> <li>• Select/revise intention</li> <li>• Select and commit to daily practices</li> <li>• Build accountability agreement</li> </ul> <p><b>Close</b></p> <ul style="list-style-type: none"> <li>• Celebration</li> <li>• Closing meditation</li> <li>• Evaluation</li> </ul>

## 2 DAY AGENDA

DAY 1	DAY 2
<p><b>Introduction</b></p> <ul style="list-style-type: none"><li>• Welcome, purpose, seminar overview, approach</li><li>• Expectations &amp; introductions</li><li>• Values, core intentions, daily practice introduction</li></ul> <p><b>Re-wiring Your Brain</b></p> <ul style="list-style-type: none"><li>• Neuroplasticity</li><li>• Process for re-wiring</li><li>• Application exercise</li><li>• Taming the amygdala</li><li>• Application exercise</li><li>• Activating the left frontal lobe to create positive impact</li><li>• Application exercise</li></ul> <p><b>Emotional Intelligence</b></p> <ul style="list-style-type: none"><li>• Overview emotional intelligence</li><li>• Self awareness</li><li>• Self regulation: stress tolerance definition and exercise</li><li>• Self regulation: Impulse control definition and exercise</li></ul> <p><b>Perennial Wisdom</b></p> <ul style="list-style-type: none"><li>• Mindfulness and meditation<ul style="list-style-type: none"><li>– Current scientific research review</li><li>– Mindfulness practice</li></ul></li></ul> <p><b>Close</b></p> <ul style="list-style-type: none"><li>• Homework</li><li>• Plus/Delta for the day</li><li>• 10 minute breathing meditation</li></ul>	<p><b>Mindfulness &amp; Meditation</b></p> <ul style="list-style-type: none"><li>• 10 min intention meditation</li></ul> <p><b>Emotional Intelligence</b></p> <ul style="list-style-type: none"><li>• Empathy definition and exercise</li><li>• Interpersonal relationships definition and link to re-wiring</li><li>• Inquiry and advocacy techniques</li></ul> <p><b>Integrating Tool</b></p> <ul style="list-style-type: none"><li>• Competing intentions</li></ul> <p><b>Daily Practice Planning</b></p> <ul style="list-style-type: none"><li>• Select/revise intentions</li><li>• Select and commit to daily practice</li></ul> <p><b>Close</b></p> <ul style="list-style-type: none"><li>• Celebration</li><li>• Closing meditation</li><li>• Evaluation</li></ul>

**Mastery Squared Mission:** To support the creation of vibrant and successful organizations by raising leadership consciousness. We do this by offering unique consulting, coaching, and leadership development experiences that demystify and make practical best practices from neuro-science, emotional intelligence and mindfulness.

CONTACT

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