

# SAMPLE WORKSHOP IDEAS

## WHAT'S YOUR MOTIVATION RECIPE?

At the root of motivation is curiosity. Being curious energizes positive change. Identify current habits in your life that complement your learning experience and those that have the potential to limit what can be gained from the year ahead. Through exploring diverse types of motivation, we will shift our understanding of motivation from a feeling we are searching for, to a tool we can deploy.

### Outcomes

- Discover the sources of motivation.
- Identify what ingredients you require to be personally motivated.
- Identify personal motivation techniques and strategies as tools.



## TO TRAVEL OR NOT TO TRAVEL. COULD PHYSICALLY DISTANT "SERVICE" BE THE ANSWER TO EFFECTIVE "HELPING"?

Some believe that the pandemic has burned off what was irrelevant in service/volunteer opportunities. Equip yourself to be an effective citizen by exploring the contradictions and criticisms of service/volunteer programs while investigating the abundant opportunities to reshape the way we understand and practice service during reduced travel. This workshop is not meant to dismantle international travel or volunteer opportunities, rather equip students with the tools to decipher between good and bad practice both at home and abroad while still making an impact.

### Outcomes

- Identify contradictions of service and how to overcome them.
- Reflect on worldview and motivation to help.
- Develop tools for relationship building in different situations.
- Informed about opportunities for engagement.



## LESSONS FROM FREE DIVERS

Have you wondered how free divers, diving without an oxygen tank, hold their breath for long periods of time? It's breath work. Through guided meditation learn how breath work can enhance your mind, heart and muscles. We have much to learn from free divers as it relates to our ability to self-regulate and stay grounded. Whether you imagine yourself as a sea turtle riding the ocean currents (Junior School) or a Haenyeo Women Diver off the coast of Jeju Island, South Korea (Senior School), this journey will leave you with transferable techniques to increase calm in your everyday life.

### Outcomes

- Identify how breathing changes body systems.
- Build personal core breathing techniques.

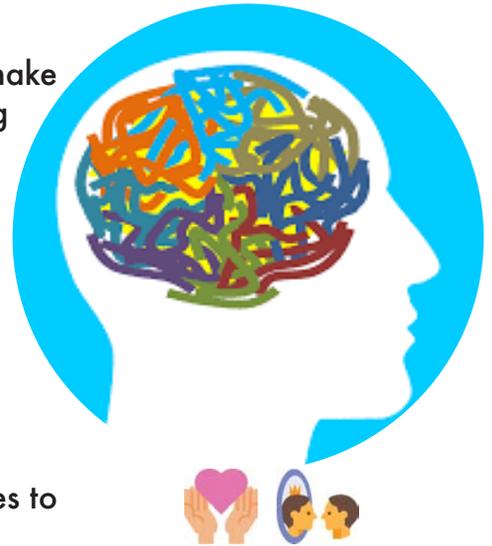


## THINKING TRAPS

We all have habitual ways of thinking that limit our capacity to make decisions and see the facts. We can learn to identify our thinking traps (otherwise known as cognitive distortions) and come to understand how our thought patterns limit our capacity for creativity, ingenuity, dialogue, and problem solving. Exploring and coming to understand our default thinking traps can help us decrease our anxiety and stress.

### Outcomes

- Identify most common thinking traps.
- Reflect on personal thought patterns and tendencies.
- Learn strategies to recognize triggers and appropriate responses to “break” the trap.



## BEYOND POWERPOINT: SELF-REFLECTION AS A TOOL TO MAKE YOUR POINT AND CREATE COMPELLING PRESENTATIONS.

You have a presentation style that complements who you are. When you try to be someone else, your ability to present a compelling idea or argument is not aligned with your full potential. It is not common to use self-reflection as the foundation of creating a presentation, however it is a crucial component for authentic success. What is your “presentation persona?” How is it the ticket to making compelling and convincing arguments in meetings, speaking events, and presentations?

### Outcomes

- Identify your individual presentation persona.
- Reflect upon strengths and personal challenges that lead to your personal style.
- Relate your presentation persona with your argument disposition.
- Create convincing arguments.



## THE ART OF QUESTIONING AND FEEDBACK

Explore the art of asking questions. Gain experience behind the science of question intention, meaning and structure and the types of responses good questioning can produce. To push the art of effective questioning further you will practice giving and receiving feedback. Feedback is the foundation for growth and development, learning how to interpret and build strategies for growth with feedback will help students see feedback as a positive tool in their repertoire of skills, rather than something to fear.

### Outcomes

- Explore the structure of effective questioning.
- Practice giving and receiving feedback.
- Build growth strategies for development using feedback.



## MOVING TOWARDS ANTI-FRAGILITY

We are living in a time where everyone is being called to adjust, adapt and grow. This is easier for some people to do than others, yet we all have the capability to address our own fragility and then move towards tapping into our personal strengths and past experiences. Learn how to empower yourself through anti-fragility practices.

### Outcomes

- Identify the ability to be resilient based on their past experiences.
- Identify the factors that inhibit anti-fragility.
- Practice resilience in everyday actions.



## FRIENDSHIP AS YOUR FOUNDATION

What does it mean to be a true friend? Reflecting on what we want in a friend informs us of how to be a good friend to others. Push the boundaries of your comfort zone to form new friendships based on positive growth, support and shared values. Participants will learn the importance of developing a friendship network that is diverse and complementary to their own values. Create your friendship "Wanted Poster." Can you answer your own ad?

### Outcomes

- Reflect upon current friendship group.
- Identify three core characteristics wanted in a friend.
- Identify values being fulfilled and areas of growth.



## DRINKING FROM AN EMPTY CUP

We often don't associate creating boundaries with our capacity to offer empathy and compassion to ourselves and to others. Compassion fatigue is often matched with our inability to create boundaries. The ability to say no, self-regulate and take time for ourselves allows us to be more present and kind to others. Understand the difference between guilt and regret, refine your values and learn to say no without the feeling of guilt. Learning to live rooted in your values will allow a more grounded and balanced life.

### Outcomes

- Identify personal experience with compassion fatigue.
- Identify tools to create boundaries in personal, professional and school life.
- Identify the difference between guilt and regret.
- Develop an action plan to navigate feelings of guilt.



## SEEING YOURSELF IN THE MIRROR - EXPLORING AND OVERCOMING THE IMPOSTER COMPLEX

Have you ever felt like your accomplishments are the result of luck, not worthy of, or ready to be in a certain role or make a final decision? The feeling of not belonging or being unprepared is felt by many people. Understanding the interaction between personal motivation, worldview and skills are the core of feeling like an imposter. Don't hold yourself back by letting it dictate your potential.

### Outcomes

- Identify what barriers the imposter complex has created in your life and work.
- Develop an action plan to self-intervene when experiencing imposter complex.



## FIRST IMPRESSIONS

What is your first impression? Does it highlight your values or your insecurities? Unpack your first impression and gain a greater understanding of what is needed to be an engaged citizen and community member while acknowledging and practicing how you want to be perceived by others.

### Outcomes

- Reflection on who you are and how you want to be perceived.
- Identify areas of growth in relationship to perception.
- Identify personal values and how you share them externally.



## REDEFINING THE BLURRY EXPECTATIONS OF PROFESSIONALISM

Professionalism and the rules of professional conduct have changed overtime. What characteristics are inherent to those who excel at representing themselves and their ideas? What are the rules of the game, and how do you align your own skills and preferences with those required to engage in a professional manner? Whether you are on a Zoom Call or in a board room, learn the basics to impress and make an impact in any situation.

### Outcomes

- Gain experience with eye contact, tone of voice, and body language for in-person and online interactions.
- What does professionalism require in various situations.
- Identify core practices for making a lasting impact.



## KNOW YOURSELF - LESSONS FOR INTERVIEWING

In an interview, saying what you mean and showing your value is top priority. Go beyond the typical interview preparation techniques and gain experience with tools that will help you impress with every response. Knowing yourself and being able to articulate your core values and skills is the first step towards making your skills relatable and relevant.

### Outcomes

- Identify areas of improvement in professional disposition.
- Reflect upon and express unique value.
- Prepare for three core areas of an interview.



## WHY A BATHTUB IS SCARIER THAN A SHARK - EXPLORING FEAR AND RISK IN OUR LIVES

We each confront and interpret fear and risk differently, but there is science of experience and perception that frames how we engage with risk in our lives. This workshop series will engage students to deconstruct the roots of fear in society and in their own lives. By looking at risk as an essential experience for engaging in growth, participants will be better able to understand how to optimize our experiences and learn from uncomfortable situations or experiences with uncertain outcomes.

### Outcomes

- Identify personal fear triggers.
- Develop a personal risk control philosophy.
- Understand how probability impacts decision making.



## EMOTIONAL MANAGEMENT - WHAT IS YOUR PERSONAL BALANCE EQUATION?

Why are we constantly fighting imbalance in our lives and what does it take to even the scale? What we know for sure is that it's personal. Create your personal balance equation that allows you to thrive in your life. How do you create balance that nourishes you and allows you to navigate your emotions?

### Outcomes

- Create a personal balance equation.
- Identify the nourishing factors in your life.



# EXPERIENCES DESIGNED FOR GROWTH

Our programs guide students through experiences with challenge, accomplishment, unexpected outcomes and moments of imperfection. It is within these moments of purposeful reflection that learning about self and community can be maximized. With every program we developed we asked ourselves three questions. 1) Is it purposeful? 2) Is it relevant? and 3) Is it transferable? We have created six concepts that form the foundational goals of our Winter/Spring 2021 offerings. Look for these icons beside each description in the document for a quick reference of the growth goals.

## SIX FOUNDATIONS FOR GROWTH



### COMMUNITY & TEAMBUILDING

When do we truly feel part of a community or team? Students will deepen their sense of belonging by feeling as though they are a part of and contributing to, something bigger than themselves while being supported to develop their unique strengths and characteristics.



### SELF-AWARENESS

We believe that self-awareness is the foundation of a meaningful life. When we are able to reflect on our strengths and refine our values, we are better able to set a path for ourselves that is fulfilling and purposeful.



### WELLBEING & HEALTH

From fragility to becoming stronger as a result of challenge. Through the lens of positive psychology, students will explore a number of topics aimed at helping them stay grounded, while deepening their ability to identify the difference between good and bad stress.



### SPARK OF CURIOSITY

When we are curious, we are motivated. Thought provoking discussions and activities that expose unseen layers on a number of subjects.



### GLOBALLY MINDED

Through stories and real-world examples, students will take a journey aimed at developing their critical consciousness. Worldviews and assumptions will be challenged. Students will be introduced to the "grey" areas of service and become better equipped to engage globally. The importance of relationship building across borders and at home form the foundation for global engagement and action.



### NATURE CONNECTION

You can't protect something if you are not connected to it - building this connection takes time and intention. Allowing for intentional unstructured time, discovery and opportunities for appreciation, will pave the way for deeper explorations of our connections with the natural world.