



INSPIRATIONAL POWER SESSIONS

Dealing with Irritating People: Some people we like, some we don't, and others are just plain annoying. This session offers new perspectives on how to not lose energy to those that irritate you, and move on.

Meditation and a Guided Meditation: When life and work get hectic, or you begin to feel overwhelmed, rejuvenate your mind space through a guided meditation to calm and refresh yourself.

Reducing Stress: Stress stems from the inability to adapt to a changing environment. Sometimes it's helpful to take a moment to look for a new perspective of our stress so that we can find a new way to let it go.

Clear Desk Clutter: We are connected to everything around us both visibly and invisibly. Visual clutter affects us by siphoning off our energy and reinforcing overwhelm and disorganization. Get motivated with specific ways to shift your workspace.

How to Avoid Burnout: Are you on the path towards burnout? This session includes an explanation of the three dimensions of burnout, and a few proven strategies for regeneration of your mindset and lifestyle.

Let Go of Worry: Worry is one of the most misused use of our energy. How can one stop the bad habit of worrying? Harvard has come up with three "anti-worry" affirmations that reverse the worry signal in our brain.

Communication Strategies to Infuse Positivity: How we speak to one another makes a difference. Begin to incorporate specific positive ways of asking and responding to others so that the interaction is optimized.

Stay Calm in the Midst of Crisis: Crisis are a part of life and work. By understanding the mindset needed to remain grounded and centered, you're better equipped to lead yourself and others through disruption.

How to Avoid Distractions: When you sit down to work, do you find that you need to learn "how to focus" better? Multi-tasking has become the norm and we've trained our minds to jump around. This session covers specific proven strategies that help.

How to Overcome Procrastination: When there is something we don't want to do, but have to, we tend to defer it. Procrastination has this way of making us feel guilty and overwhelmed. Learn simple proven ways to beat this and get it done.

How to Practice Mindfulness: Having greater self-control, improved concentration and mental clarity can all come from being more "mindful" on a daily basis. This session covers simple exercises to implement mindfulness for greater ease.



Understanding Body Language: We communicate non-verbally all the time. Learn a few interesting tips on how to read the emotions of others through their body language, and how to come across to others in the way intended.

Increase Your Energy: We have four sources of energy to draw from: Physical, Mental, Emotional, and Spiritual. Where are you losing energy? Where do you need to replenish? This session offers proven strategies so you can get more done in less time.

Dealing with Negativity: Life can be negative. People can be negative. Situations can be negative. Sometimes it's helpful to understand the bigger picture and how to find balance so that you don't get dragged down.

Break up with your Belongings: Letting go is not easy, especially when it comes to things that you own. As human beings we become attached to things even though we know it's better to let go of them. This session gives the reason why and solution to letting go.

Prepave for Power: The future is undetermined and it's natural to fear the worst of think of what you don't want to happen rather than what you would rather see happen. This session paves the path towards getting what you want versus what you fear.

Work-Life Balance: Whether it's children, caregiving for loved ones, or life in general that pulls you in all directions, what is the mindset needed for balance? What can be done for relief or to move towards greater balance.

Get Unstuck: Sometimes we feel like we are moving fast but going nowhere. When stuck, there are a few things that can be done to help "unstuck" you. This session will also cover perspectives for an ease-filled way to see your situation.

Transcend Guilt: It's natural to have a bit of guilt that siphons our energy unnecessarily. Whether it's from relaxing when you feel you should be working, buying something "pricey" or letting your kids play video games so you can have some peace, this session offers a fresh perspective.

Dealing with Too Much Change: Change that we don't want is often the hardest to accept, yet there are ways to look at change and process unwanted change that makes it easier to move through.

How to Be More Positive: Life brings negativity and sometimes that negativity can spiral. How does one look at life in a way that feels better? How do you get out of a "bleh" mode and not just act positive, but truly feel it?

Finding Purpose in Life: Do you ever feel like life has lost its purpose? Has life become humdrum? If so, this session will bring to light new ways to see how purposeful your life is, and where to start to find purpose and grow it.



Introversion vs Extroversion: Do you get more energy from being alone than being with people? Or do you get energy by spending time with others? This session helps you to understand yourself and others, and what you need to gain energy.

Happiness 101: Who doesn't want to be happy? Surveys show that it's one of the top three most desired "things" in life, yet why is it so elusive? This session covers happiness, and the science behind what you need to do to feel this incredible emotion.

Gratitude and Positive Affirmations: It's easy to feel good when good things are happening. But what about when life is sucky, stressful, and overwhelming? It's hard to be appreciative when things are tough. This session helps to find the light within the darkness.

More Productivity Please: A day of productivity is one of the best feelings in the world. How can we be more productive when we are constantly distracted? This session covers the latest productivity mindset strategies so you can feel good about your accomplishments.

How to Get Motivated: When you have absolutely no interest and desire to do something, yet you know you "have" to get it done, how do you start? This session covers some mindset techniques to get you moving towards the object of least desire.

Move Through Any Challenge: We respond to the reality we see of any situation we are in, yet in truth, there are multiple realities of any given situation. This session covers a proven technique that will show you an alternate more inspiring reality of the challenge you are going through.

What is Trust and How to Gain It: Why do you trust others? Why do others trust you? Trust can be broken down into five components, and by identifying these components, we can clearly define how trust is built and lost.

The Body Language of Lies: When someone is out of truth, it's good to know that what someone says can be compared to their body language to discern whether truth is being told. A shrug of one shoulder versus two, or a head motion incongruent with the spoken word can shed so much light.

How to Stop Judging: Judging ourselves and others are normal parts of being human, but it's incredibly negative for you and siphons energy. This session will cover the reasons why we judge, and mindset strategies for shifting your focus.

Temper Emotional Triggers: When someone ticks us off, the first thing we do is want to react and fight back by sending that email (that you later regret) or giving them a piece of your mind. This class will cover a technique to quell the urge to react so you can respond with grace.

Can Things Get Any Worse: When something goes wrong, it's easy to think of how bad the situation is, yet you can't go back to change it. What is the mindset to cultivate to be able to find solutions to your problems?



Minimize Mental Fatigue: Are you mentally drained? Have a hard time remembering things? Or making decisions about simple things? This session covers some proven techniques to minimize energy loss, and boost your mental acuity.

All About Burnout: Everything you want to know about burnout, its dimensions and stages and how to prevent or reverse it. This session covers all the latest about burnout and even how the pandemic has affected us.

Energy Adjustment: How to make some immediate personal energy adjustments so that you feel better physically, mentally, emotionally, and spiritually. This session will include some meditation, visualization and breathing.

Group Coaching: Ask any question on any topic of challenge or interest and use this session as a time to get tips, techniques and hacks to any area of interest in your life.

HOW DOES IT WORK?

- Inspirational power sessions are sold by the unit, with one unit consisting of four classes (classes are 15 minutes each).
- Sessions are ideally scheduled at the same day and time every week within one month (exceptions can be made as needed).
- You choose the topics, or we can send a link to a survey that you can share with your group to ascertain where the interest lies.

WE WILL PROVIDE THE FOLLOWING FOR THE SESSIONS

- A link to the survey to choose the topics (if you want your group to decide)
- Zoom links for all four sessions
- A recording of the session (extra fee applies)

Fee per unit depends on the number of employees/staff, and amount of units you commit to. If you are interested in a quote, please email Erin (erin@yourhappinesu.com), and she will send you a questionnaire that will allow us to calculate your fee for the power sessions.

If you are interested in topics other than what you see, please let us know. We can also schedule sessions such as Yoga at Your Desk or Stretch Power Sessions led by other Happiness U instructors.