



creative

SELF-AWARENESS

Creative Self-Awareness (CSA) Workshops are one-day events customized specifically for you and your co-workers. We design your workshop using a combination of fun, creative art-making activities along with the Self-Aware Life™ program.

CSA + Dare to Lead Workshops are three-day events. The first day is the CSA workshop, combined with an additional two days of presentations based on Brené Brown's Dare to Lead™ (DTL) curriculum. Led by Certified Dare to Lead™ Facilitator Nancy Kay, this workshop will develop courage-building skills and teach attendees how to move from armored leadership to daring leadership.

OFFSITE or INHOUSE

You provide workshop space, mid-day meal, beverages & snacks

1-DAY CSA WORKSHOP

- Pre-workshop foundation questionnaire and analysis establishing goals/needs
- Pre-workshop foundation Zoom session with your team directors to customize your workshop
- Guided creative exercises to increase emotional intelligence and self-awareness
- Immersion into the Self-Aware Life curriculum
- Learn the science & benefits of the creative process, and the Creative Leaders Mindsets
- Understand the link between creativity and workplace performance
- Receive handouts, worksheets and self-exploration exercises, printed and online
- Participate in team processing and feedback activities
- Art-making materials included
- Full day of personal and team growth, lots of fun
- **Facilitator:** Nancy Kay, Shawna St. James

3-DAY CSA + DTL WORKSHOP

- All elements of 1-Day CSA workshop
- Opportunity to become DTL Certified
- Immersion into DTL curriculum based on research by four-time #1 New York Times best-selling author Brené Brown
- Discover courageous and creative leadership by learning observable, measurable skill sets: rumbling with vulnerability, living into values, braving trust, learning to rise
- Master skills to move from armored leadership to daring leadership
- Discover the role of courage in authentic leadership
- Learn actionable strategies for leaning into discomfort and embracing vulnerability
- Create a culture of engaged, accountable employees
- Exam certification: teams with passing scores receive a DTL LinkedIn badge and admission to a private LinkedIn group

RATES

Starts at \$5,000
Facilitator travel, meals, lodging additional

Starts at \$9,000
Facilitator travel, meals, lodging additional