

Corporate/Individual Training Program Overview

Your company is growing at XX% per year..... are you and your leadership?

Your company invests time and resources with the goal of growing revenue and profitability. You look for new markets, products and services, and for ways to accelerate growth while cutting costs. Whatever your industry, you want to grow faster than the market average.

The people you lead are your most important asset, and in many companies, one of the highest expenses on the books. The question is, **are you investing in the growth of your people like you are in the growth of your company?** Are you making sure their personal growth at least matches the growth of the company? Are you going a step further, to give them the tools they need to stay ahead of the company, and contribute innovatively to its growth? If the company is growing at 30% and your executives are growing at 20%, they are falling behind. Replacing them or reassigning them is disruptive and expensive. And most importantly, are you investing sufficiently in your own growth? Far too many innovators peak before their creation reaches its own potential, and they are either replaced or end up holding it down.

(Needs a simple, short, positive invite RIGHT HERE: something like “As flight attendants remind us, you must first place the oxygen mask on yourself so you are capable of helping those near you.” Or “Consider the value to you and your organization of relevant, realistic and regular training and skills development.”)

Zenpowerment takes a unique approach to corporate and individual training. We focus on three key areas of growth: communication, relationships and efficiencies. Since the foundations of good leadership are communication and relationships, Zenpowerment takes an approach of new awareness and experiential understanding to aligning motives, purpose and power in order to get individuals and teams to perform at a higher level. This approach also results in uplifted communication, and focuses on principles that foster the elimination of non-essential activities in work and life, so that we become more efficient, peaceful and effective at our personal aims.

Corporate Training

The process of Zenpowerment is more about creating a new awareness or perspective on life, and uncovering who you really are; then helping those around you do the same. This is done by crumbling away false beliefs, filters and programming, and introducing new ways of thinking. The Corporate Training program creates a new way to look at communication and relationships, and how to become more efficient and effective in both professional and personal life.

Individual Coaching Meetings: Insights and Practice

While these principles and habits can be shared in a group coaching environment, personal integration coupled with deep commitment through one-on-one coaching is most effective. This coaching is customized for each person, based on the false beliefs, filters and programming that are most prevalent in their lives. During each session, we will recap on understanding, experience and progress since we last met, establish what we want to get out of the current session, and create action items for next steps in developing greater impact in your life and in the lives of those you influence. During each meeting, we will also share appropriate key principles (Zen Gems) which will be most beneficial, based on our discussion.

Additionally, depending on the personality and desired outcomes, there may be times when we use the TGROW method for coaching. Here is a brief outline of how this works:

- **Topic**- this covers the wider environment that impacts on the specific issue to be addressed through coaching. It will reflect the level of importance the issue has within that wider area and the impact it may have on your long-term aspirations.
- **Goal**- this is the end point that you want to achieve. The goal must be SMART (specific, measurable, achievable, relevant, time-based) so that the individual knows when it is attained.
- **Reality** – this is where you are now. This requires the current issues and the challenges to be stated. Then an assessment of how far you are away from your goal can be made.
- **Obstacles** – this is where first the obstacles stopping you from attaining your goal need to be identified. (Without any obstacles the goal has already been attained!). Then we come up with different ‘options’, ways to deal with them.
- **Options** – this is where we come up with different ‘options’, and ways to address them.
- **Way forward** – once we have defined your options, we can then devise the necessary action steps required to meet the goal.

Deep-Dive Topics

Most of us have specific areas of our personal and/or professional lives we would like to work on. Some examples include:

- Communication and leadership
- Understanding and resolving situational roadblocks
- Leveraging personal strengths for leadership
- Improving ability to persuade, influence and negotiate for results

Topics like these will span several sessions, and the TGROW model will be implemented.

Zen Gems

During most sessions, a Zen Gem will be shared. ZenGems are short, memorable lessons that help us remember a principle of this program. Once shared, we will discuss how each are relevant in your life and in the lives of those you influence, and how you and others may apply this knowledge going forward. Here are some examples:

- Power of choice and meaning
- Zen-like habits and implementation
- Emptying the cup / unlearning
- Essentialism
- What happens versus your story of what happens (create empowering stories)
- Filters
 - Attachment
 - Labeling / judging
 - Childhood programming
 - Authority
 - Tradition
 - Expectations
 - Comparison and competition
 - Emotions and feelings
- The parable of the nickel and the dollar
- “Make your plans in pencil, live in the present, let the Divine nudge you along the way”
- Always coming from a place of love (Balance of self-love with love for others)
- D.E.A.L. (Defining, Eliminating, Automating, Liberating)
- Ego versus the higher self
- Who you are—driving around the body
- The power of gratitude
- Creating perfect present moments
- Self-expression versus worrying what others think (or your perception of what others think)
- Master Teachers
- The 3Cs’—Content, Connections, Compassion
- Remembering the future
- Standing in your power, and a place of responsibility or blame

In our coaching, the process becomes more about unlearning things that are holding you and others back, and discovering your authentic self and ways you can propel yourself forward. As you do this, you will eliminate limiting beliefs and be more comfortable stepping into your authenticity and greatness leading to personal and team results that match your aims.

If you’d like to get together for a free assessment, to see if we are a good fit for each other, please feel free to contact us at 801-645-5052 or email at zenpowerment@gmail.com.