

## **Seminar Agenda**

### **Session 1 Day 1:**

**Getting to Know Each Other**  
**My Image Management Limitations**  
**What Alternative?**

### **Session 1 Day 2:**

**The Box of My Behavioral Patterns**  
**The Anatomy of my Brain when I'm Triggered**

### **Session 2 Day 1:**

**Reality vs. Perception: the Power of the ABC**  
**The Power of Commitment**

### **Session 2 Day 2:**

**Our Egosystem**  
**Leveraging our Past ~~How we create what want the least~~**

### **Session 3 Day 1:**

**Crystallize What I No Longer Want for a New Starting Point**  
**Start harvesting What I really want: finding "Elan"**

### **Session 3 Day 2:**

**Steps to Re-center when I'm Triggered**  
**Framework to interrupt one of my counterproductive habitual behaviors**  
**Simple Practice to set up good communication**

### **Session 4 Day 1:**

**What to practice instead of my counterproductive habitual behaviors (hint not just the opposite)**  
**Stepping out of the Performance Treadmill of our Ego-system...**

### **Session 4 Day 2:**

**...and of the Failure Anxiety Hedging of our Ego-system**  
**Apply framework to interrupt and shift another one of my counterproductive habitual behaviors**

### **Session 5 Day 1:**

**Skills and practices for Generative Communication**  
**Uncovering our Noble Goal**

### **Session 5 Day 2:**

**Anchoring my True Goals across the different domains of my life**  
**Creating a Different Context**  
**What's next**