



## Story Circles—Personal Mandala Creation and Exploration

In this workshop, Cassia will guide you through creating your own sacred circular art piece. This mandala exploration blends art making and sacred geometry in a stunning way allowing you to identify and process personal stories through creative expression.

Art meets mindfulness as pen meets paper.

## Creative Exploring on Canvas

Explore the 4 key concepts, creativity, community, collaboration, connection through playful painting on canvas with Cassia Cogger.

We all have an inner artist, join this class to let yours play!



**Cassia Cogger** ([cassiacogger.com](http://cassiacogger.com)) is an artist, teacher, author, mother. Her favorite space is that of creative exploration both personally and with others. She is currently psyched for the release of her new book "Creating Personal Mandalas: Story Circle Techniques in Watercolor and Mixed Media" by Northlight Publishing in 2017.

## Own Your Story

When someone asks you questions about your life – how do you respond? Is what people see the true reflection of who you really are? Is there more to say, but you're just not sure how to express it? Owning our personal story is one of the most powerful things we will ever do and having the courage to share it – even the messy, imperfect parts – can transform ourselves and the people around us. Have you taken the time to really look at your life as your own unique story? Do you value all the experiences you have had, and how they have made you the person you are today? Because here's the thing: your story matters. It matters because it is driving your life, your relationships, your work and very existence. Our stories matter and when they are shared they can touch, heal and inspire others. In this session, you will discover that our stories, like us, are meant to be shared. Your story matters, come share it with us!

In this interactive session participants will:

- Connect and craft their own personal narrative
- Experience the power of sharing their personal story with others
- Develop an appreciation for their own story and the story of all the people they come in contact with in life



**Celia Slater** (<https://truenorthsports.net>) is Chief Visionary for True North Sports where she works with athletic coaches to help them find their unique True North and Coach from that place. She pushes coaches to grow in the skills beyond the x's and o's. Coaching is a people profession - get good with people! When she is not with coaches she loves adventure trips with her partner Becky or long walks with her 2 soulmates in fur, Loosey and Buddy!



## Start Finishing: Get Your Ideas Into the World

Impact, mastery, and profit doesn't come from great ideas and things you're thinking about doing—they come from the stuff you finish. But doing the work that matters means you've got to work through the inevitable fear, perfectionism, and uncertainty that's bound to arise. During this workshop, you'll learn the key finishing principles and techniques I've taught to thousands of creative entrepreneurs.

You'll learn:

- How to take Big Ideas and convert them into achievable goals
- How to take those goals and convert them into doable plans
- The not-so-secret techniques to keep continual momentum on your projects

This is an update to one of the most-talked about workshops of 2015. Books got done, projects shipped, and businesses launched in the months that followed Camp GLP.



**Charlie Gilkey** ([productiveflourishing.com](http://productiveflourishing.com)) helps creative people finish the stuff that matters. He's a business growth strategist, author, and speaker whose free planners and worksheets at [ProductiveFlourishing.com](http://ProductiveFlourishing.com) have been downloaded by over 1 million people. His best-selling book, *The Small Business Lifecycle*, shows creative entrepreneurs what to expect as their business grows. His next book, *Start Finishing*, is a guide for doing your best work in the new world of projects. He lives with his wife, Angela, in Portland, Oregon.

## How to Find the Work You Were Meant to Do (and Why It Will Surprise You)

We all want to do work that matters. But what if the path to your vocation was not as predictable as you thought? Could you still be intentional with the process?

Based on his best-selling book on the same subject, Jeff Goins will share with you:

- The surprising secrets he learned from hundreds of people who discovered their purpose
- How you can create work that is both meaningful and profitable
- What to do if you find yourself not on the right path



**Jeff Goins** is the author of four books including the national best-seller *"The Art of Work."* He teaches online courses for writers and creatives and runs a popular blog at [Goinswriter.com](http://Goinswriter.com). He lives just outside of Nashville with his family and humbly considers himself the world's greatest guacamole connoisseur.



## Capture the WOW!: The Power of Visual Journaling

You’ve seen those journals—the ones bursting with color, drawings, and doodles. They seem to pulse with life. You’re wowed. You want that color and play in your life. Then you think, “I can’t do that.” In this workshop, journal keeper and creativity maven Cynthia Morris will show you how to:

- Learn 12 simple tools that make it easy to capture wonder in your journal
- Free yourself to be messy, playful and enjoy journaling your way
- Make time for quick journal entries even with a busy schedule
- Improve the every part of your life through illustrated journaling

But best of all...have fun with your tribe of creative people & capture all the great moments of camp in your journal this weekend.

## Drawing as Meditation: Mindfulness Anywhere, Anytime

Drawing as meditation brings two disciplines together with one purpose: to be awake to the wonders of the world. This simple practice invites you to slow down, truly see what’s around you, and bring your attention to the page to produce not great art but instead a calm, focused awareness that gives the effect of mindfulness practice.

In this class we will:

- Break the curse of the blank page
- Learn how to tune out the inner critic so we can enjoy making marks on the page
- Experience the calming effects of drawing as a process
- Release having to look ‘good’ or make ‘art’
- Learn simple methods to slow down, tune in and savor life anywhere, anytime.



**Cynthia Morris** ([originalimpulse.com](http://originalimpulse.com)) brings playful encouragement to people who want to create on their own terms. A watercolor artist and illustrator, she illustrated Cory Huff’s *How to Sell Art Online* (Harper Design, June 2016) and created *Writual Blessings*, an affirmations deck for writers. She is the author of the Paris novel *Chasing Sylvia Beach* and *Create Your Writer’s Life* as well as several guides to making travel creative, fun and lucrative. Cynthia has been coaching creatives for 17 years through her company *Original Impulse*, helping people liberate their creative genius.



## The Neuroscience of Personal Mastery

Your brain is a 3 pound mass of soft tissue, housing ~100 billion neurons that form ~100 trillion connections. It uses approximately 60% of your body's fuel and is made up 60-70% fat. You use it all day and all night, but do you know how to work it? In this fun and interactive workshop you will learn how to:

- Eat, breathe, move and sleep for optimal brain functioning
- Be your own brain chemical pharmacist
- Rewire your thoughts, feelings, actions and habits
- Overcome procrastination and compulsion
- Build mindfulness and willpower
- Improve your mood & enhance creativity
- Slow your brain from aging
- And more...

Come with paper and a pen, leave with the Driver's Manual for Being Human you wish you'd been given years ago.



**Emiliya Zhivotovskaya** is a leading voice in the world of positive psychology & the science of flourishing. She is a widely sought-after speaker, educator, facilitator and coach. She's the founder of The Flourishing Center, the nationally-acclaimed Certification in Applied Positive Psychology (CAPP) program ([www.getcertifiedinpospsych.com](http://www.getcertifiedinpospsych.com)) and she maintains a thriving practice in NYC. Emiliya holds a Master's Degree from UPenn in positive psychology, is currently pursuing her Ph.D. in Mind-Body Medicine from Saybrook University, where she also teaches. She has been on the faculty for the Good Life Project since 2013. In her previously life (career) she was a professional party entertainer and has two fur babies—Buddy the cat and Dora the dog.

## Master the Inner Game of Entrepreneurship

Ever wondered why you don't take action on some things, even when you know exactly what to do? Why that enrollment call that seemed to be going so well ended in a "No?" Why you still haven't written that book yet? Join Greg Faxon, business coach and former All-American wrestler, as he reveals the specific mindset shifts that have helped his clients take their businesses to the next level while creating a crazy fulfilling life.

In this workshop you'll learn:

- Why the more successful you are, the harder it gets to reach the next level of performance
- What "Creative Avoidance" is and the specific ways it sabotages your business income and impact (hint: procrastination probably isn't your real problem)
- The #1 thing you need if you want to stay laser-focused on your goals (even if you don't know exactly what to focus on yet)
- Why you shouldn't be proud of staying busy
- How to stop making excuses and finally start working on the things that will grow your business (you'll leave with a customized game plan of exactly what to tackle after Camp GLP)



In a culture that trains us to settle, **Greg Faxon** is the only business coach who catalyzes radical and lasting results for champion-hearted entrepreneurs. He partners with service-based business owners all over the world who are driven to be the best at their game and helps them make a great living while transforming the lives of their clients. He's spoken at Occidental College, interviewed Seth Godin, and been named one of the Top 25 Indie Entrepreneurs to Watch by Fizzle. To learn more about Greg and subscribe to his newsletter, go to [gregfaxon.com](http://gregfaxon.com).



## Creating an Awe-Inspiring Brand Online and In-Person

So many people believe that to have a successful business you need a great website, a cool logo, and the best pictures to have a great “brand.” While all of it can help it’s just one small piece to a much bigger branding puzzle. In this workshop, Jenna Soard will show you:

- Define your brand personality
- Basics of creating a visual identity for a parent brand, and sub-brands and how it relates to your target
- The power of being the best version of yourself online
- The secrets to telling a visual story that’s different from anything else out there, but inspires fans to become fanatics
- How to get something that truly feels like “you” from photographers and designers that you work with



**Jenna Soard** is a branding and design expert, former university professor at the University of Oregon, and former senior graphic designer at Nike, and founder of YouCanBrand.com. It is her mission to help entrepreneurs all over the world learn how to brand and design for themselves, instead of relying on the interpretation and dependency on designers and programmers. She also teaches people how to create their own courses online! She’s obsessed with acrobatic pole dancing and hanging with her Boston terrier pup Picasso.

## Rock Your Workshop: Design Your Life-Changing Live Event

Are you an entrepreneur, coach, teacher, thought leader, speaker, educator, or author who wants to turn your book, online course, talk, or one-on-one practice into a live experience for groups? Based on her 15+ years of group facilitation and program design (ranging from workshops to retreats to teacher trainings), Jenny will give you the tools to design your own Life-Changing Live Event.

You will shave years off of trial and error with the template for the “Optimal Sequence of a Live Workshop” which you can use over and over to deliver the maximum impact in the least amount of time. This template will help you to sequence experiential activities that create profound transformation with ease.

Apply the 3 Keys to Creating a Life-Changing Live Event:

- 1) Have a Clear Promise you intend to deliver
- 2) Turn Concepts into Experiences that drive your message home
- 3) Design Elegant Sequencing that seamlessly delivers the transformation

You will leave prepared to launch your Live Event with:

- The 5 Steps to Great Facilitation
- Tools for Creating a Memorable & Meaningful Title & Subtitle
- “Optimal Sequence of a Live Workshop” Template



**Jenny Sauer-Klein** (JennySauerKlein.com) is an expert at building collaborative teams, and shaping the culture of companies through play. Through her Play On Purpose programs, she helps companies like SAP, Peet’s Coffee, and Entrepreneur’s Organization bring their values to life so they can attract and retain the best talent. She is also the co-founder of AcroYoga, a global movement with hundreds of thousands of practitioners, including Hollywood celebrities, professional athletes and Silicon Valley entrepreneurs. She is a regular conference presenter at Wisdom 2.0 and Summit Series, and has been featured in The New York Times, Forbes, and Newsweek.



## Navigating Personal Transformation: Thrive Through Massive Change

How do we handle the upgrades we've been working for when they all show up at once? Personal transformation can't be tackled by creating more to-do lists. It requires work on the physical plane, but we need to look deeper at our emotional, mental, and spiritual nature. Kristoffer Carter partners with author, spiritual teacher and healer Dr. Alice Bandy, to share critical wisdom to guide you through powerful, yet often disruptive change.

Alice and KC will teach you:

- Tools and processes to reframe your challenges into powerful growth opportunities
- How to align your actions, mindset, emotions, and soul to surf the waves of change
- Simple ways to optimize your vibe that powers your greatest work



**Dr. Alice Bandy** ([lifepurposeadvisor.com](http://lifepurposeadvisor.com)) is the Spiritual Director of The Heart of Teaching, Inc. a nonprofit educational organization. She has been doing spiritual counseling and leading transformative spiritual classes and retreats for adults across the United States since 1996. Her creative style of teaching offers students experiences of personal empowerment designed to reveal the inherent greatness within each individual. She has written numerous books, including *The Heart of Adult Learning*, and *The Wisdom of Money*.



**Kristoffer Carter ("KC")** is a facilitator, resident meditation expert, and Chief Spirit Officer for Camp-GLP. When not galloping around as a megaphone-wielding unicorn, KC is a keynote speaker and consultant for rapid-growth companies. In 2016 he launched Camelot Culture Group, which creates workplace cultures that fuel personal and organizational transformation. A kriyaban yogi, father of 3, and singer/songwriter, KC inspires others to drink joyfully from the firehose of life. You can find his manifesto "The Framework" as well as guided meditations and writing at [ThisEpicLife.com](http://ThisEpicLife.com).



## How to Take Fab Videos with Your Mobile Device: A Make It–Take It Training

Learn and practice how to capture videos and tell a compelling story like the pros using your mobile device. Laura will let you in on the secrets, tools, and tips the pros use. Time will be given for participants to film a short video on the grounds during the session and return for group feedback and Q & A.

In this workshop Video Pro Laura Peña shows you:

- The anatomy of a compelling video
- How to capture content that tells a compelling story
- Filming and editing best practices
- Most common mistakes and what to do instead
- How to create a call to action that works
- How to produce good quality videos on a budget and on the go
- Free and almost-free Internet tools you need to know about and use



*Storyteller, entrepreneur, creative producer, motion designer, animator, speaker and curious soul. **Laura Peña** ([jellomonsters.com](http://jellomonsters.com)) is the founder of JelloMonsters, a creative design lab in New York City focused on storytelling through motion graphics, design and technology. She creates video driven experiences online and offline for live events worldwide. She also produces motion graphics content for web series and online videos. With over 14 years of experience in the creative field, she has worked for top brand names in the entertainment, health, financial and technology industries. Her work has been recognized in magazines, newspapers and books around the world. Laura lives in New York City and the Dominican Republic, where she is originally from. When she is not designing, she is planning her next adventure.*

## Say Yes to Improv: The Benefits of Adding Play to Your Work

Working can be a challenge, blending mixed agendas, conversational styles and endless opportunities for conflict or distraction. This can make it harder to get what you need done, do your best work and love the process. Thankfully, there's a powerful tool to break through blocks, lighten up the conversation and boost creativity and collaboration. What is it? Improv!

In this workshop:

- You will play
- You will make fun choices in the face of uncertainty
- You will trust yourself
- You will actively listen to others and build on their ideas

The skills you nurture in this low-stakes playful environment are the exact same skills that will help you flourish in your high-stakes work life.



***Pete Aiello** ([goteampete.com](http://goteampete.com)) has been performing and teaching improv comedy for more than 15 years. He loves the silliness, nonjudgmental mindset, and being-in-the-moment-ness that improv requires. He founded TeamPete to bring the tools and methods of improv to team building, communication training, staff development, and leadership coaching for corporations and nonprofits. Pete lives in Chicago because the flat terrain there allows him to ride his bike everywhere with minimal effort.*



## Cultivating a Powerful Presence on Video

So much of modern life involves being on camera—from fun selfies for Facebook to videos that build your business, even that crucial client call on Skype—yet so many of us don’t feel great on camera. Our body language is awkward, we feel self-conscious and that affects our communication. As a reformed camera-phobe, I’ll share what I’ve learned from 20 years working on Hollywood films and years of making my own simple videos and hosting video calls that have everyone laughing and relaxed from the get go.

In this workshop you’ll learn:

- How to cross the hardest 3 feet in the world: from behind the camera to in front.
- The quickest way to becoming comfortable on camera (you’re not going to like it)
- How to deal with eye-line: the little green light & not looking shifty
- Why your hands should be visible as much as possible
- 5 tips on how to manage the rest of your body language
- 5 tips for group calls
- 5 tips for Skype/video chats



With 20 years in film, Emmy award-winning **Liz Scully** ([rethinkcentral.com](http://rethinkcentral.com)) now runs Mastermind teams for entrepreneurs that are ridiculously fun and highly effective. With her Mastermind Concierge service, she helps influencers add Masterminds as a massive new revenue stream, ensuring their clients get amazing service without even having to show up to run them themselves. Which frees everyone up to eat more cake, something Liz feels would create a sweeter world all round.

## Holistic Tools for Stress Management

Do you wish you could just take a deep breath before rushing to the next appointment, lunch date, social engagement, etc.? Be empowered with tips, wisdom, and hands-on tools for dealing with everyday stressors and learn simple, practical ways to make time for self-care despite your busy schedule.

In this workshop, Maggie O’Halloran teaches you:

- Plants historically used to help the body during seasons of high stress and everyday city living
- The basics on how to make tinctures, how to specifically craft one to suit your body’s needs, and make a tincture to take home!
- The impact of stress and anxiety on your mental and physical health.
- The healing properties of easy additions to an already busy life, such as room sprays, bath salts, and foods
- Why taking a moment for self-care matters and how it can improve your overall well-being



**Maggie O’Halloran** is a holistic healer from Central Florida with a B.S. in Human Development and a Certification in Conflict Mediation. Maggie has been teaching for over twenty years including Anger Management and violence prevention to children and adults in Oakland, California for several years before transitioning to Florida. Extensive studies in herbal medicine and natural healing led Maggie to the Florida School of Holistic Living (FSHL) where she attained her Certification as a Community Herbalist. Maggie’s love for healing overflows into sharing her knowledge of plant medicine, teaching at the FSHL, growing her own medicines, and learning from her five-year-old herbalist.





## The Perfection Detox— Dropping the Weight of Perfectionism So That You Can Soar

What if the perfect you that you presented to the world was holding you back from soaring into your potential? What if you knew that everyone feels like a fraud some of the time and what you were told that the world is craving your imperfect voice versus your perfect silence? Join Petra as she shares how she overcame her own 7-year personal struggle with perfection and finally made friends with her shadow side. Designed to give you actionable strategies that you can implement immediately to elevate your sense of joy and well-being, in this workshop, you will learn: What type of perfectionist you are. If perfection is helping or hurting you. How to shift from a fixed to a growth mindset. How to move from being a perfectionist to an optimist. How to quieten your inner judge Judy. How to drop the weight of perfection so that you can soar. And now that you do not have to be perfect you can be awesome.



**Petra Kolber** ([petrakolber.com](http://petrakolber.com)) is a speaker, movement motivator and recovering perfectionist. She has presented in over 30 countries and spoken at TEDx. Her mission is to help others stretch their dreams, kick fear to the curb, strengthen their courage muscle and build a life filled with joy and purpose.

## Shift Your Focus: Photography as a Tool for Self Discovery

Do you love to take pictures? Have you ever stopped to consider that the way we see can be strengthened, like a muscle, and when we exercise it, it transforms, changing the way we view our world and ourselves? Each us perceives our experience through our own unique lens, from our personal vantage points but did you know that lens can be swapped out for others in our arsenal? Photography, even with our iPhones, has the power to help us change the way we see, think, and feel but we have to know how to use it to do so.

In this workshop, Robyn Ivy shows you:

- How to use your camera/iPhone to exercise your “seeing” muscle and cultivate your unique viewpoint while also improving your photography skills
- Simple editing tips to take your photos from meh to wow
- How to turn a simple photo walk into an instrument for inner transformation
- Ways to deepen your connection to your world using your camera/iPhone
- How to transform your camera/iPhone into a problem-solving tool and a means to getting yourself unstuck



**Robyn Ivy** ([robynivy.com](http://robynivy.com)) is a commercial and portrait photographer. She is passionate about connecting to people and the work they do which allows her to convey their true mission or identity through her powerful imagery. She sees the world from a unique vantage point and strives to show life’s ever-present reverence. Whether photographing portraits, business as usual, ad campaigns, or life unfolding, her goal is to convey authenticity and to reveal the intrinsic beauty in each subject while telling their story in a meaningful way. She is currently producing a traveling fine art photography exhibit entitled “Project 3.8” featuring 20 large scale portraits of local children with pediatric cancers to raise awareness and inspire change. She lives in Wickford, RI with her two teenage sons.



## Be a Productivity Ninja

Saya will share an overview of numerous resources (mostly tech-based) that she uses on regular basis to bring organization, frugality, and efficiency to her life, along with tips and insight, to give you a starting point to deciding which tools to further investigate and incorporate into your own life. This class is not about learning the ins and outs of specific tools, but about someone else narrowing the overwhelming field of options and presenting her best-practices and favorites for you to choose which you'd like to learn on a deeper level.

Areas of focus:

- Email
- Digital organization
- To do list
- Calendar
- Automation
- Security

Saya has run a successful business for since 2004, filled with event curation, keeping track of and adhering to deadlines, wrangling thousands of people, being laid-back yet professional, traveling the frugal path, and wearing many hats, which she has managed to do while keeping her sanity and with a smile on her face. It CAN be done!



**Saya Hillman** ([maccheeseproductions.com](http://maccheeseproductions.com)), Evanston, Illinois native, Boston College graduate, Chicago resident, and self-employed since 2004, has discovered how to turn her ability to create community and challenge herself and those around her into her "job." Mac & Cheese Productions is a lifestyle company focused on you finding your tribe, expanding your horizons, and feeling full through in-person events. Saya creates an adult summer-camp vibe where you feel at home with people you just met, from all walks of life, and where you feel inspired to dip your toe in scary. She was one of Brazen Careerist's Top Twenty Young Professionals to Watch, has been featured in Forbes and The New York Times, and is a TEDx speaker. She's married to someone she met at one of her own events, and they pulled off an almost 100% bartered wedding, as featured in the Chicago Tribune and Huffington Post. She's not living THE dream; she's living HER dream. A dream rooted in a lifestyle where she doesn't have to don pants most days and can go to the post office, yoga, and Trader Joe's at 10AM on Tuesdays.

## Make Your Own Mala

We've seen them worn by everyone from yoga teachers to celebs, the mala is a beautiful beaded creation often worn around the neck or wrist. Learn how to make your very own handmade traditional 108 bead mala to take home, in an enjoyable meditative creative making process with your mala making guru Shelley Adelle.

You will be able to choose the color of your silk for threading, tassel and which healing beads & guru bead you are drawn to from a selection to make your mala unique to you. You will learn how activate, use and care for your mala. You will also be given a handmade pouch to keep your completed mala in!



## How to Build a Home Yoga Practice

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Many of us have dabbled in yoga and meditation and have experienced, at times, something powerful in the classroom setting. We love it, and go regularly, but the moment we're on the road or can't get to the studio, we let it flounder. This workshop is intended to show you how to build a sustainable home practice that is accessible, travels with you and meets your needs, however they may shift and change. Topics include asana, kriya, tantric meditation, therapeutics, use of props and sequencing.



**Shelley Adelle** ([yogapagodavero.com](http://yogapagodavero.com)) is a Yoga Teacher, Spiritual Enthusiast, and Experimental Human, who is addicted to cookies, hugs, the creative process and living life in the zone! She lives in Vero Beach, FL where she founded The Yoga Pagoda, the Treasure Coast's largest studio. Come to the beach for a VIP weekend and some soothing salt air!

## Why You're Missing Out on 80% of Your Potential Business and What To Do About It

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Do you feel like your business just isn't reaching its full potential? You're not alone. 99% of entrepreneurs are missing out on 80% of their potential business. That means hundreds of thousands of dollars that are passing you by.

In this workshop, Scott Oldford will show you:

- Why so many business owners are missing out on the majority of their revenue
- How to tap into those missed opportunities with online marketing funnels
- How to generate more leads cheaply and efficiently



**Scott Oldford** ([goinfinitus.com](http://goinfinitus.com)) helps entrepreneurs grow their businesses by teaching them how to utilize effective online marketing, resulting in sustainable, high R.O.I. growth in their business. As the force behind INFINITUS and the Limitless Business Group, Scott trains business owners on the most effective strategies for lead generation.



## Your TED-Worthy Application: from Daydream to Reality

What's your idea worth spreading? How do you get to speak at TED? Soness Stevens gives you a Roadmap to TED: everything you need to know to apply to speak and set yourself up for success.

You will learn:

- What makes an Idea Worth Spreading
- Know if you have an Idea Worth Spreading
- How to get discovered
- Application tips & tricks
- Choosing a good talk topic
- How to create a clear, concise concept to pitch for a 4-18 min talk
- TEDx interviewing skills
- Audition Video help: what & how to say it + how to shoot it
- Gain confidence in your idea



**Soness Stevens** (*YourSpeakingJourney.com*) has coached over 100 TED & TEDx speakers, techies, and introverts to become engaging speakers, both on stage and online. She represented Japan for TED Worldwide & spoke TEDx, has a weekly nationwide broadcast TV show on Communications, and is an Associate Professor of business presentation skills. You may have seen her on NHK TV or Fox TV Japan, or heard her as the official English voice of Hello Kitty. She's lived in Japan for 20 years where she surfs, skates, and snowboards.

## Start Here Now: An Open-Hearted Guide to the Path and Practice of Meditation

Meditation is more than the latest life-hack. It is a path to wisdom, compassion, and confidence. We are all nervous about trying. No one thinks they can do it. But I know you can! Please join me to learn:

- What meditation is
- What it is not
- The 3 biggest misconceptions
- How to actually meditate (we will practice together)
- How to establish your home practice
- How to guarantee failure
- How to guarantee success: the two overlooked elements that seal your practice and make it sustainable



**Susan Piver** is a Buddhist teacher and The New York Times best-selling author of lots of books. Her latest is *Start Here Now: An Open Hearted Guide to the Path and Practice of Meditation*. She is the founder of the *Open Heart Project*, the first-ever meditation center that lives 100% in the cloud. There are close to 20000 members all over the world. She also loves cats. **DO NOT ASK HER ABOUT THE ENNEAGRAM.** You will have no chance of escape.



## The Art of Becoming Known

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To build an extraordinary career around your wisdom and expertise, you need to learn and master the 5 key Art of Becoming Known™ growth levers:

- Positioning - How to tell your story in a way that establishes your expertise and differentiates you from others.
- Discovery - How to tap content, media, social media, conversation, presentation and ads to attract qualified potential clients.
- Presence - How to cultivate personal and professional “energetic” presence that attracts, rather than repels people.
- Packaging - How to price, package and offer your brilliance.
- Conversion - How to turn interested visitors into committed clients and raving fans.

In this workshop, Jonathan will introduce each element, explore the key concepts, share case-studies and leave space for a robust Q&A.



**Jonathan Fields** is the founder of Good Life Project