

The *Tap In* programs are modular events that provide specialized content tailored to meet the unique needs of your staff, timing and scale.

Program 1: *Tap In: Power Through Change*

Change is inevitable. The bigger the change, the higher the anxiety. *Power Through Change* provides context on where our fear of change sprouts from, ways to navigate those fears and strategies to thrive through change.

Key elements include:

- Understanding resistance to change
- Harnessing change for personal growth and empowerment
- Using intuition to protect yourself in any environment
- Projecting confidence in unfamiliar circumstances
- Managing stress with resiliency tools

Program 2: *Tap In: Being Powerful Everywhere You Go*

So often, we give our power away without even realizing it. *Tap In: Being Powerful* helps you identify when you are stepping out of your power and provides specific and accessible tools to help you stay empowered in every situation. This program takes a unique approach to empowerment and confidence building by harnessing your intuitive intelligence and cultivating compassion for those you fear. Key elements include:

- Learning how we are conditioned to shy away from our power
- Recognizing key identifying behaviors of dominant personalities
- Utilizing mental training to stay centered and grounded
- Seeing specific areas we tend to give our power away
- Developing methods to consciously project power
- Integrating stress resiliency tools to induce calm and connect to your power

Program 3. Tap In: Power, Protection & Resilience

Although we think of work environments as safe and civilized, our nervous systems have a different perspective. For many people, the work place can seem like an unpredictable landscape of territorial displays, aggression and the occasional ambush. *Power, Protection and Resilience* provides context for fear provoking intuitive signals and strategies to manage them compassionately. Key elements include:

- Learning how the Limbic Brain processes your environment
- Understanding the motivations of dominant personalities
- Transforming fear into confidence through compassion
- Using intuition for safety and to inform interpersonal relationships
- Practicing non-verbal communication skills to level the playing field
- Integrating stress resiliency tools to induce calm and connect to your power