

The C.O.R.E. JOURNEY

Unleash Your Power to Thrive

The CORE Journey unleashes the power to initiate and sustain positive change in yourself and results in a culture where both employees and the organization thrive!

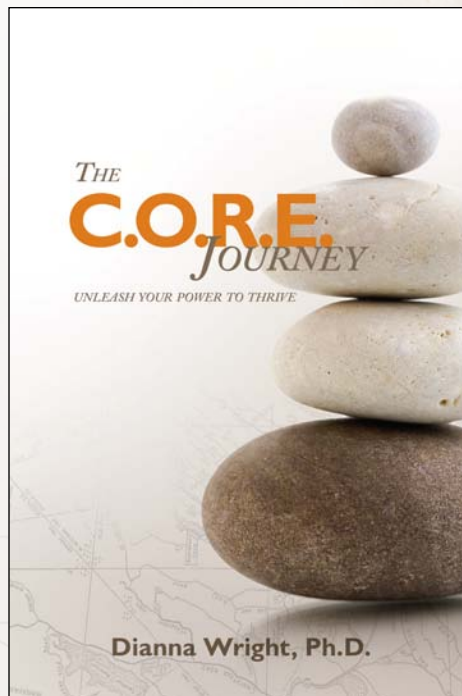
The Los Rios Workforce and Economic Development Center is pleased to announce a creative collaboration resulting in an opportunity to present the "The CORE Journey." The CORE Journey is a program designed by Dianna Wright, Ph.D. and Dee Hansford, two Sacramento area trainers, coaches and consultants. It is a forward-thinking program, which builds on their expertise in emotional intelligence and mindfulness, energy management, and employee recognition.

The CORE Journey provides science-based strategies and personalized tools for energy management, emotional intelligence and mindfulness to:

- Elevate physical vitality and resilience so you are at your best throughout your day.
- Enhance mental focus and clarity to sustain concentration and productivity.
- Grow your optimism, empathy, self-awareness, and confidence.
- Increase emotional insight and calm to upgrade communication and build trusting relationships.
- Advance value-based action to amplify influence and motivation.

DIANNA WRIGHT, Ph.D

Dianna has over 15 years experience as a coach, consultant, and facilitator with an extensive background in performance psychology, emotional intelligence, mindfulness and motivation. Dianna is the author of *The CORE Journey: Unleash Your Power to Thrive*.



DEE HANSFORD, CRP

Dee has a storied background with the Walt Disney Company where she led the design and implementation of the company's first global recognition program. Dee is a trainer, consultant, recognition expert, and a founding board member of Recognition Professionals International.

This workshop is based on the transformative new book, the CORE Journey, published in September by Outskirts Press, Inc.

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The full CORE Journey is a 24-hour course with a flexible delivery schedule.
(full-days, half-days, or to client specifications)

Session One - Energy Management: The Power to Thrive

Defining Energy Management: the benefits for individuals & the organization
Identify the nexus for self-direction, mastery, and purpose
Energy Management: Our Renewable Resource
Mindfulness: What is it, really?

Session Two – Physical Energy: Fuel for Your Drive

Defining Peak Performance: Physical Energy, Health, Balance
The Mindful Action Plan (MAP): Set, monitor, and accomplish your goals
Mindfulness: Get started

Session Three – Emotional Energy: Transforming Risk into Possibilities

Emotional Energy: Awareness, Choice, Communication
Practices: Know Yourself, Work the MAP, Develop a Mindfulness Practice (MP)

Session Four – Mental Energy: Build Poise and Broaden Optimism

Mental Energy: Attentional Focus, Positivity, and Alignment
Practices: Choose Yourself, Work the MAP, Continue the MP

Session Five - Meaningful Energy: Recognizing Your “Why?”

Meaningful Energy: Purpose, Values, Flow, and Inspiration
Practices: Give Yourself, Work the Map, Engage in Mindful Living

Session Six – Thrive: Your Character; the Organization’s Culture

Full Engagement in Life and Work
Unleash Your Power to Thrive: Leading Sustainable Change
Practice: Positivity, Work the MAP, Engage in Mindful Living

*This workshop has the potential to make amazing
changes in your workplace!*

*Call or e-mail for an expanded course description or a meeting to explore
the potential value of this program for your organization.*

Bruce Winner

Workforce and Economic Development
Los Rios Community College District
916.563.3232

winnerb@losrios.edu

www.losrios-training.org/ts/