

Workshops

Hearthstone workshops are about personal empowerment and interpersonal leadership. Teams leave with transformational awareness and tools that allow them to powerfully create the lives, careers, and success they desire. We focus on learning to generate powerful results and to enjoy the experience creating them.

Our workshops are interactive, including personal exploration exercises and group activities. Participants learn to connect with deeper levels of authenticity and support.

Workshops generally run for two hours, or topics may be combined into half-day or full-day transformation seminars.

Foundational Topics

We recommend the following topics for our initial sessions with your organization.

Creating from the Future

We explore the Merlin Principle -- how powerfully envisioning a compelling future, and aligning our lives with that vision, can transform what's possible for us in our careers, relationships, and personal pursuits.

Living from Your Highest and Best

We look at how our lives often become driven by fear and self-defense and how this impacts our experiences and results. Participants discover how to step out of that cycle, live from their "highest and best," and create new possibilities beyond their comfort zone.

What's on Your Nametag?

Participants examine the "labels" that they adopt for themselves and how these beliefs get in the way of the lives they want. They then explore other ways to see themselves and ultimately walk away with new, empowering labels to help them create the lives they desire.

What You Believe is What You Get: The Power of Paradigm

We explore how our beliefs (about the past, others, life, anything) limit us and how by altering them we can transform our lives. Participants walk away with tools for examining their paradigms, shedding what doesn't serve them, and creating empowering, new beliefs.

You, The Creator of Your Life

Participants explore principles of personal responsibility and proactivity that allow them to transform from being the passengers of their lives to being the drivers.

Level-Up Topics

We recommend these topics to follow the foundational sessions, based on your organization's specific needs.

Getting from Here to There: Making Success Inevitable

You know where you want to go, but how do you get there? Together we will learn concepts and support structures that allow us to create our desired futures.

Integrity

Participants look at integrity in a new way: how bringing their intentions, words, and actions into alignment can enhance their personal power and possibilities. They leave with an action plan for enhancing this alignment.

I Surrender! Being with Life As It Is

Participants discover how letting go and focusing energy on what's here and now offers new power and enjoyment. They learn exercises to apply at work and in their personal lives.

Personal Well-Being

Participants look at how “sourcing” themselves and caring for their personal well-being provides a foundation for success in each area of their lives. They leave with a personalized plan for enhancing their well-being.

Practice or Performance?

We look at how a “practice mindset” can generate velocity, resilience, and new possibilities in every area of our lives.

“Problems”

Participants will acquire new ways of relating to “problems” in their work and personal lives, transforming the possibilities that can flow from these opportunities.

Powerful Listening

Participants connect with the joy of hearing and being heard. They learn about different levels of listening and how their thought patterns can get in the way of hearing and understanding others.

The Voices in Your Head

Participants learn to identify the negative thoughts that criticize, belittle, and impede their enjoyment of life. Then we look at tools for stepping out of those thought cycles — from self-hate into kindness and compassion.

The Wild Frontier: Powerful Communication

Participants discover the excitement and power of speaking authentically and communicating to genuinely relate with others. Participants also learn new language skills – declaring, requesting, demanding – that allow them to intentionally create future results.

This, Here, Now: Being Where You Are

Participants learn to bring present-moment awareness to the emotions and situations they experience, ultimately empowering their relationships, career, and day-to-day enjoyment of life.

What Are You Here For?

Connecting with one's purpose and highest commitments brings a deep level of power, enjoyment, and meaning to life's activities. In this workshop, participants identify their purpose and highest commitments and learn how to align their lives with them, long-term and day-to-day.



Hearthstone

COACHING & CONSULTING

Visit us on the web at www.thisishearthstone.com
for more information and to speak with us about partnering together.