

Outcomes:

- Perspective Taking
- Resilience
- Accountability
- Authenticity
- Focus
- Insight
- Behavior Change
- Emotional Maturity
- Moral Courage
- Well Being
- Attuned Relationships



Process:

SyncUp4 Capabilities Workshop

- Mindful Awareness Practices
- Brain 101
- Wheel of Awareness

Dynamic Attention

Whole Person Capacity (SPINE)

- Whole Person Awareness Assessment & Plan
- Aspirations
- Emotional Information
- Somatic Education
- Self Directed Meditation

- Leadership Mindset Patterns & Investigation
- Action plans
- Life Narrative
- Inner Committee

Strategic Clarity

Authentic Collaboration

- Appreciative Inquiry
- Project Teams
- Key Relationships
- Community Dialogues

Interpersonal Neurobiology Theoretical Foundation:
Dan Siegel's 9 Domains of Neural Integration

Education

Consciousness Integration

Bilateral Integration

Vertical Integration

Memory Integration

Narrative Integration

State Integration

Temporal Integration

Interpersonal Integration

Transpirational Integration