

HABITS THAT HEAL

A TEAM BUILDING, SELF-AWARENESS, & EMPOWERMENT WORKSHOP

INTRODUCTION

Trust, acceptance, and respect, are the foundations of a strong team. There is nothing a team cannot accomplish when its members value and trust one another. Unfortunately, the common habits of gossiping and judging keep us from maintaining this basic groundwork necessary to build a strong and cohesive team. This workshop is designed to help participants identify and overcome harmful habits that erode teamwork. Through a series of self-awareness exercises, the Habits that Heal workshop enables participants to:

- **Identify** what is gossip and when judgment becomes negative;
- **Learn** to empower themselves and support other members of the team;
- **Master** a few surprisingly simple tools that will allow them to grow in their capacity to build strong teams.

Each participant will receive the *Habits That Heal* book and gain access to free downloads of the exercises they learn in the workshop and

in the book. The workshop is designed to be completed in two and one half hours, but it can be lengthened or shortened as necessary.

WORKSHOP OUTLINE

1. **Introduction.** Share author's background and experience. Explain workshop ground rules, topics, and exercises.
2. **It all begins with gossip.** Explain how gossip is connected feeling powerless and an unable to assert one's point of view. Conclude with a group discussion of the five ways we gossip and how gossip undermines teams.
3. **Gossip is rooted in fear.** Examine how we are all affected in our lives by the sense that we lack power. Participants will break into groups and discuss how the fear of powerlessness is evidenced in their lives and offer suggestions for greater self-expression. This segment of the program will conclude with an exercise and group discussion of how asserting one's point of view produces empowerment, which counteracts fear and gossip and builds trust among members of a team.
4. **Judgment is always about the judge.** Connect judgment, gossip, and fear. Explore why judgment is always a function of the person who is judging. The emotional and physiological impacts of judgment will be explored. Participants will break into pairs to share personal stories and examples of judgment, what judgment reveals, and how judgment has impaired their ability to be a contributing member of a team.

5. **Breaking the habit of judging.** The group will be guided through four simple steps for transforming judgmental thinking and becoming more open to trusting one another and building a strong team.
6. **Conclusion.** The workshop will conclude with a guided relaxation meditation, followed by questions and a book signing.

FACILITATOR'S BIOGRAPHY

Nita Lapinski is a certified hypnotherapist who has studied integrative breath work and bio-energy. She facilitates workshops for team building and transforming anxiety. Besides *Habits that Heal*, Nita is the author of *The Knowing – Awake in the Dark* (a 2014 Silver Medal Winner) and *Meditation Handbook for Beginners*. She lives with her husband in Arizona. Visit her online at www.nitalapinski.com and www.facebook.com/bornintuition.



