

atrio

PROFESSIONAL  
LIFE COACHES

# Workshops

For Personal & Professional Development

*Inspiring, Creative, Fun, Experiential & Informative*

## Workplace Wisdom

- Know Thyself and Lead
- SPARK Your Team Effectiveness
- What is Being Said Without Words
- Creativity Block Buster
- Anatomy of an Elevator Pitch
- Takes a Village

## Personal Growth

- Are You Ready To Soar?
- Life's Too Short for Uncomfortable Underwear
- What's Next?
- Meet Your Magnificent Self
- Drop the Rock!

## For Women

- Putting You on Your TO DO List
- From Hot Flash to Power Surge
- The Wisdom of Our Mothers
- Pajama Party

Thank you for your interest in learning more about atrio Professional Life Coaches Workshops!

atrio Professional Life Coaches is dedicated to providing outstanding programs and services that meet the needs of our clients. Our workshops are guaranteed to be creative, interactive, thought provoking and fun while maintaining a laser focus on delivering high impact results that meet our client's specific objectives. We believe that great content combined with interactive and experiential learning ensures that new concepts and ideas really stick. When you work with atrio Professional Life Coaches you can be certain that you will be out-of-your-chair and into the full learning experience! We take great pride in our ability to facilitate an open, positive and supportive environment where participants feel they can jump in, learn and grow!

To best serve the unique needs of our customers, our facilitators are highly skilled with a diverse toolbox of innovative exercises and a spirit of flexibility so we may adjust plans if/when needed. The specific exercises selected for the workshop(s) you choose are customized based on the objectives and needs of your organization.

In addition to the workshops listed in this brochure, we thoroughly enjoy creating, designing and delivering workshop based on special request. If you are looking for something that is not listed, please let us know and we'll do our best to assist you!

We look forward to working with you and your team!

  
JEAN HANHAM

  
SANDRA OLPER

  
JILL MAGERMAN



*“Workshops by this trio of trouble are so much fun that you forget you are in a learning environment. They pack in creative games to get all participants actively engaged and out of their comfort zones. The event was well organized with many small details attended to. I experienced lots of connection, support and energy throughout the full day workshop and walked away with lots of learning about myself, co-active leadership and my practice. I would definitely attend another workshop offered by atrio Professional Life Coaches!”*

# Workshops for Workplace Wisdom

## **Know Thyself and Lead** (half day, full day and two day programs available) *Discover the Leader You Already Are*

If you want to have a more powerful, positive, and lasting impact within your organization, profession, family, and/or community, Know Thyself and Lead can help you leap into action.

During this workshop, participants will gain an understanding of their unique strengths and personal power through participation in interactive and experiential exercises, spirited dialogue, and other group processes.

The major learning outcomes from this workshop include:

- Recognizing your personal leadership strengths
- Identifying and breaking through self-perceived limits
- Recognizing and building on the strengths inherent in others to create powerful alliances and achieve shared goals
- Becoming aware of your impact on others and beginning to take responsibility for that impact in all aspects of your life

## **SPARK Your Team Effectiveness** (half day, full day and two day programs available) *A Game Changer for Individual & Team Performance*

This powerful workshop provides a perfect opportunity for team members to increase their self-awareness while at the same time gain a deeper understanding of others to improve individual and team effectiveness. During this workshop, all participants will be introduced to a colorful and common language for understanding and implementing effective communication and interaction. With a baseline of new knowledge, participants will then receive their own unique Lumina SPARK Personal Portrait and they will have an opportunity to learn about their preferred working styles, the styles of others and practical strategies to help increase their overall effectiveness.

The major learning outcomes from this workshop are that participants will:

- Gain a deeper understanding of themselves, their natural tendencies and preferences, how others perceive them, areas of strength and possible areas for development
- Become more aware how their strengths and weaknesses support/detract from their leadership style
- Become more aware of the impact that stress has on their leadership style
- Understand and relate more effectively with others, recognize other's behavioral styles, learn about other's decision-making needs and preferences
- Learn to adapt behavior to connect powerfully with others, develop usable interpersonal strategies to connect and deal with different or difficult people, team members, customers or colleagues
- Develop a higher level of trust and openness amongst team members

# Workshops for Workplace Wisdom

## **What's Being Said Without Words** (lunch & learn and half day programs available) *Understanding and Using Non Verbal Communication Effectively*

Most people still believe that words are our primary source of communication. However, clinical studies done over the past 40 years have shown that up to 93% of our communication is accomplished on a nonverbal level, where the true meaning of a communication is indicated not from what is said, but from how it is presented. Most people have no idea how to use this information to their advantage. If you're listening to only seven percent of what is being said, how much do you think you are missing? Also, what are you communicating to others without words? In this dynamic workshop you will experience the power of pushing the mute button, to gain insight into what you haven't been noticing, enabling you to understand communication in a whole new light, giving you a huge advantage in both business and personal interactions.

## **Creativity Block Buster** (lunch & learn and half day programs available) *Powerful Brainstorming through Mind Mapping*

A Mind Map is a highly effective way of getting information in and out of your brain - it is a creative and logical means of note-taking and note-making that literally "maps out" your ideas. All Mind Maps have some things in common. They have a natural organizational structure that radiates from the center and use lines, symbols, words, color and images according to simple, brain-friendly concepts. A Mind Map converts a long list of monotonous information into a colorful, memorable and highly organized diagram that works in line with your brain's natural way of doing things. As classical brainstorming provides a great diversity of ideas, each individual involved in creating a Mind Map becomes an extremely valuable part of the process. It is therefore the perfect tool for business people to share ideas and build-up information for a particular subject.

## **Anatomy of an Elevator Pitch** (lunch & learn program) *Who You Are BEing Can Take You to the Executive Suite*

So much of our lives are filled with "doing". We go to work, we create a product, we work with clients and so much more. Often we don't stop to think about how we are "being" in our life. How we are being in our life is how we show up. What do others see in us? An elevator pitch or elevator speech is a short, persuasive description of a person, organization or group, or an idea for a product, service, or project. The name "elevator pitch" reflects the idea that it should be possible to deliver a pitch in the time span of an elevator ride, or approximately thirty seconds to two minutes. We will look at the parts of an elevator pitch and particularly examine a part that is often minimized; the "being" of the pitch. When you give a pitch, how you present yourself is as important, if not more important, than what is actually said.

# Workshops for Workplace Wisdom

 **It Takes a Village™** (SPECIAL EVENT for conferences and retreats)  
*An Energetic, Purposeful, Intention Setting Opening Event*

When we think of a village we think of our ancestor's wisdom to know the importance of building a central place for individuals to come together as members of a larger community. We think of a sacred space - one for reflecting, questioning, creating, acknowledging, exploring and for learning.

This special event is thoughtfully designed as a woven collection of engaging and interactive activities to transport participants from the stress of their day-to-day lives to a place of creativity, possibility and inspiration (aligned with the goals of your conference or retreat).

Participants can expect to connect with the over-arching message of the conference or event as well as with their fellow attendees. This is accomplished by having participants collaboratively explore their ideas, thoughts and boundaries through the creative process of building a symbolic centerpiece aligned with the main theme of your event. The centerpiece is a beautiful totem pole and it is intended to be displayed for the duration of your conference or retreat as a reminder of their opening event experience.



**HUNTER EVENTS**  
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15 July 2012

To Whom it May Concern:

I am an event producer / meeting coordinator based in San Francisco. In 2011, I was hired by Coaches Training Institute in San Rafael, CA to plan and coordinate a summit for 600 guests in Marco Island, Florida.

Part of my responsibility was to work with and coordinate all of the vendors associated with the Conference.

atrio Professional Life Coaches was one of those vendors, who had the daunting task of opening the summit the night before the event. What a wonderful job they did, as they truly set the tone for the guests and created a feeling of camaraderie and cohesiveness amongst the attendees. Furthermore, from a logistical viewpoint (mine) I was so impressed as to how organized they were - from the proposal stages to the execution of the event.

And, their professionalism, positive attitude, enthusiasm and spirit helped drive the success of their unique workshop.

Lastly, their final project (what the guests built) was on display and professionally lit for all to see, throughout the remainder of the conference. This initial team building project spearheaded by atrio certainly set the tone for what was indeed a great beginning to the conference. Everyone marveled at what a great job atrio did.

I would highly recommend atrio Professional Life Coaches for any event, and would most definitely use them for any of my upcoming conferences in the future.

Sincere Regards,

Robert Hunter  
Hunter Events, San Francisco



CTI Global Summit 2011, Marco Island, Florida



# Workshops for Personal Growth

## **Are You Ready to Soar?** (half day and full day programs available)

*Living Your Life to its Fullest Potential*

The basis of this workshop is rather simple. Life is short and it is unpredictable. Each day we are alive is much too precious to waste, and every day that you are not fully living your passions and feeling fulfilled is a day wasted. "Are You Ready to Soar?" explores a world where you can uncover and choose to live YOUR LIFE. A life filled with inner conviction that the path you are on is the right one for you. One that is leading you to fulfillment in many dimensions – career, relationships, spiritual development – a LIFE truly worth living. If you feel you are not soaring, this workshop asks WHY NOT and requests that you refuse to settle for anything less. You will leave inspired and compelled to uncover your true purpose in life. You will also have new tools to assist you in living your best life.

## **Life's Too Short for**

**Uncomfortable Underwear** (lunch & learn and half day programs available)

*7 Steps to Making Change*

Why do so many of us go through each day with a bra that pinches or boxers that keep bunching up? Change is hard, even if you're uncomfortable. Are you really uncomfortable or are you comfortable in your discomfort? How many people do you know, maybe even yourself, who feel stuck? Everyday you wake up wishing there were a way out, but you never really take action to make a change. Get excited about new underwear and a new you. Learning these seven steps will enable you to make successful, sustainable changes in your career, your relationships; your life!

## **What's Next?** (half day and full day programs available)

*Creating Your Future with Possibility*

Are you at a point of transition in your life? Sometimes we find we are at a crossroads where change is inevitable. Are you looking to change your position, job or career? Are you entering a new relationship and/or ending another? Is your family growing with the addition of children or reducing in size as children leave the nest? Are you retiring or perhaps simply bored with living the way you are today and wanting to know What's Next? If your answer is yes, this workshop is perfectly designed to assist you with gaining clarity and direction for what's next in life. It also inspires creative thinking about new opportunities that may not have been considered possible in the past.

# Workshops for Personal Growth

## **Meet Your Magnificent Self** (half day program) *A Vision Board Workshop*

Discover the possibilities for your exceptional life through this experiential workshop full of fun and exploration. Through creating a collage, group discussion, soul searching, honest listening to one's inner self, and imaginative play, participants walk away with a visual tool to assist in reaching one's dreams and goals.

## **Drop the Rock!** (lunch & learn program) *What's Weighing You Down?*

What are your limiting beliefs about yourself? What if you could identify what holds you back and weighs you down? Join a fun, interactive workshop that will explore some of what is keeping you from achieving your dreams and how to start to move into action to live a fully exciting life.

### **The Word On The Street ...**

*"Attending the workshops put on by atrio has been like indulging in a rich, gooey and decadent dessert in the middle of the desert. Each workshop I've been a part of has felt like an escape from the outside world into a world of safe and fun learning. I've truly treasured the time spent in the presence of these three leaders.*

*The team of Jill, Jean and Sandra create an atmosphere that is upbeat, supportive, and unpretentious. Each brings a different strength to the workshops, and the mutual respect they have for each other's contributions is undeniable. Somehow they are able to weave things together in a way that feels organic and natural. The days are thoughtfully and carefully planned, yet the schedule allows for flexibility. The creative and energetic activities get all involved, in a non-competitive way. As leaders, they are unafraid to be vulnerable- a gift in itself. At the same time, some powerful learning happens. What can I say? It just works!"*

*"I just wanted to take a moment to thank you! I had a wonderful experience at your workshop. I found your well thought out program was educational, inspirational and invigorating. I applaud your professionalism and your attention to detail."*

# Workshops for Women

-  **Putting You on Your TO DO List** (lunch & learn and half day programs available)  
*Living Your Best Life AND Taking Care of You is Possible*

Have you forgotten what things you enjoy doing most in life? Perhaps you remember what they are and just find that you are too busy to make time for yourself. This workshop is filled with inspiring ideas and engaging activities designed to reconnect you with your life passions - the things YOU enjoy doing most. It will provide you with tangible ways to create time and space to ensure YOU are taking care of yourself and that YOU are on your TO-DO list.

-  **From Hot Flash to Power Surge** (lunch & learn and half day programs available)  
*The Choice is Yours*

Change your perspective; change your life. Many stay stuck in their lives because they can't see a way that things can change. What if things can't change but you could change your point of view? Watch what happens when you change the lens from which you look at your circumstances.

-  **The Wisdom of Our Mothers** (lunch & learn and half day programs available)  
*The Powerful Life Lessons We Learn & Pass On*

This workshop is about you and for you. Whether you are a mother, daughter, grandmother, granddaughter, sister, aunt, niece, friend or acquaintance, you are influencing and being influenced by the women in your life everyday. We remember the strengths and perpetuate the memories of our mothers and other women who are important to us as we go about our daily lives, at work and home. Explore the legacy and messages we receive and pass on. Discover the impact of these important women on our lives and how they've influenced how we choose to live every day.

-  **Pajama Party** (SPECIAL EVENT for conferences and retreats)  
*A Powerful, Playful Place for Rediscovering Female Friendship*

Jacks, barbies, dress up, hula hoops, etch a sketch ....WOW! What a trip down memory lane. You get an opportunity to leave adult stress behind and reconnect with your inner child and the power of friendship. In this fast paced life that we lead, we need to find some down time and allow ourselves to live in the present moment and just enjoy. Female friendships are very special and they are just the remedy when we feel stressed. They allow us to be intimate to feel connected and to be supported. You will come out of this interactive, inspiring workshop re-energized and ready to live your life more fully!



# Additional Information

## Workshop Fees:

**Full Day:** (design, development, facilitation)  
\$5,200 (includes one facilitator / up to twenty participants)  
\$6,800 (includes two facilitators / over twenty participants)

**Half Day:** (design, development, facilitation)  
\$3,200 (includes one facilitator / up to twenty participants)  
\$4,600 (includes two facilitators / over twenty participants)

**Lunch & Learn:** (design, development, facilitation)  
\$1,600 (includes one facilitator)

**Special Requests & Special Events:**  
Pricing TBD based on your specific requirements.

If your organization is not-for-profit, please ask about our flexibility to meet your needs.

## What's Included:

At atrio Professional Life Coaches we believe that preparation is a critical component to success.

Prior to booking your workshop date(s) our program facilitator(s) will request a conference call and/or meeting with your workshop stakeholders to familiarize our team with your business culture and to ensure we have a thorough understanding of your specific workshop goals and objectives. We will provide a detailed discussion document after the conference call to ensure that we are fully aligned and prepared to meet and exceed your expectations.

Once a workshop has been booked, our program facilitator(s) work closely with your program coordinators to ensure proper planning of all incidentals including room logistics, equipment reservations, and refreshments for participants.

On your scheduled workshop date(s) our program facilitator(s) will arrive approximately one hour prior to the workshop start time for set up and remain thirty minutes beyond the conclusion of the program for Q&A and clean up.

Please note the following additional per person fees apply for workshops that include the use of an assessment tool.  
- SPARK Your Team Effectiveness: \$280/person (Lumina Spark assessment, Individual Portrait & Workbook)

Workshop fees do not include the cost of travel for the facilitator(s). Estimated travel expenses will be submitted for client approval in advance of booking any arrangements.

Workshop fees do not include site location fees. It is the responsibility of the party receiving services to cover any fees associated with the site location selected as well as the cost for snacks and meals provided for participants. An off-site location is recommended to ensure that participants can truly detach from their day-to-day office schedule and get the most from the program.

## Next Steps:

For more information, simply contact atrio Professional Life Coaches today!

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