

Wisdom of Thriving

The Wisdom of Thriving is a deep dive personal exploration into the themes and concepts featured in Kelly Wendorf's seminal book *Flying Lead Change - 56 Million Years of Wisdom for Leading and Living*

Course Syllabus

Session 1: Introduction, Learning to Listen

Session 2: Care

Session 3: Presence

Session 4: Safety

Session 5: Connection

Session 6: Peace

Session 7: Freedom

Session 8: Joy

Course Components

- Meditation and self-awareness
- Somatics
- Experiential processes
- Neuro-rewiring
- Assignments between sessions
- Dialog
- Journaling
- Optional 'Life Lab' monthly follow-up meetings for all Wisdom of Thriving alumni with Kelly Wendorf facilitating, for your ongoing support after you finish the course.