

**THE PRACTICE™** (last updated April 15, 2019)

The following is a summary of Practice Sessions contained in **THE PRACTICE™** including the objective and corresponding outcome.

E: Effectiveness    R: Relationships    WB: Well-being    Q: Quality Of Life  
 W: Workload    T: Trust    RS: Resilience    A: Agility    C: Courage

Module	Practice Session	Objective	E	R	WB	Q	W	T	RS	A	C
Increase Emotional Literacy	What is Emotional Literacy?	Define Emotional Literacy									
Increase Emotional Literacy	Turning Inward	Pay attention to the different feelings you experience	X		X						
Increase Emotional Literacy	Name Your Emotions	Pause to name feelings and learn about them.	X		X						
Increase Emotional Literacy	The Value in Emotions	Identify the value in emotions – even ones we perceive to be bad	X	X							
Increase Emotional Literacy	Your Perceptions of Feelings	Identify misperceptions about the value in feelings	X	X							
Increase Emotional Literacy	An Emotional Range of a Teaspoon	Recognize what you do with your feelings		X	X						
Increase Emotional Literacy	Understanding Others	Going deeper in conversations		X				X			
Increase Emotional Literacy	Hiding Your Emotions	Risk vs Benefit of talking about feelings	X	X				X			
Increase Emotional Literacy	Fact or Myth	Test your beliefs about feelings		X	X	X					
Recognize Patterns	What is Recognize Patterns?	Define Recognize Patterns									
Recognize Patterns	Act vs React	Recognize patterns that connect to specific feelings and thoughts	X	X	X						

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Recognize Patterns	The Emotional Reset Button	Apply a strategy to deescalate challenging emotions	X	X	X						
Recognize Patterns	Your Brain Loves Patterns	Recognize the things you do on auto-pilot.	X								
Recognize Patterns	Your Brain on Stress	Recognize the patterns connected to stress.	X		X		X				
Recognize Patterns	Mind Chatter	Recognize patterns in your thoughts	X		X						
Navigate Emotions	What is Navigate Emotions?	Define Navigate Emotions	X	X	X	X					
Navigate Emotions	Riding the Emotional Escalator	Recognize the intensity of your emotions and the impact they have on your ability to respond.		X	X						
Navigate Emotions	Do you Bottle or Brood Over Your Emotions?	To recognize what you tend to do with your feelings and how that influences your ability to navigate certain situations.	X		X						
Navigate Emotions	Navigating Nerves	Apply a strategy to navigate the emotion to the best possible outcome.	X		X	X					X
Navigate Emotions	Boiling Over with Anger?	Provide a 5-step process to navigate energy draining emotions.	X	X	X	X					
Engage Optimism	What is Optimism?	Define Optimism							X		
Engage Optimism	Worry on Overdrive	Learn on three step process to reduce acute worry.			X				X		
Engage Optimism	Navigating Setbacks	Explore the differences between a pessimistic mindset and an optimistic mindset.							X	X	

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Engage Optimism	Five Hacks to Develop Your Optimism	Practice five ways to develop your optimism.							X		
Engage Optimism	Hit a Roadblock? Five Innovative Thinking Techniques for the Win!	Practice five innovative thinking techniques to navigate obstacles.	X						X		
Apply Consequential Thinking	What is Consequential Thinking?	Define Consequential Thinking	X		X						
Apply Consequential Thinking	Three Questions	Discover three powerful questions to immediately increase your emotional intelligence. It's that easy!	X	X							
Apply Consequential Thinking	Large to Small	Explore three questions to gain clarity when facing a problem or challenge.	X		X						
Apply Consequential Thinking	Seeking Multiple Perspectives	Discover the value in seeking multiple perspectives when facing a challenge, problem or decision.	X	X							
Apply Consequential Thinking	Pausing in the Moment	Learn strategies to use the Six Seconds pause when triggered by an emotion or thought.	X		X						
Engage Intrinsic Motivation	What is Intrinsic Motivation?	Define Intrinsic Motivation	X		X						
Engage Intrinsic Motivation	Intrinsic Motivation in Action	Explore what intrinsically motivates you to stand up and speak out.	X		X						
Engage Intrinsic Motivation	Values in the Office	Take some initial steps to identify your top values.			X						
Engage Intrinsic Motivation	Stop Chasing the Carrot	Discover three factors to Intrinsic Motivation.			X						

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Increase Empathy	What is Empathy?	Define Empathy		X				X			
Increase Empathy	Two Types of Empathy	Consider two different types of empathy.		X				X			
Increase Empathy	Connecting with Others Through Empathy	Discover four attributes of empathy that can be practiced.		X				X			
Increase Empathy	Practicing Empathy with These Five Steps	Practice five practical steps to engage more empathy.		X				X			
Increase Empathy	Seeing Beneath the Surface	Explore the idea of being trust to promote authentic connection with others.		X				X			
Increase Empathy	Meaningful Conversations	See the value in slowing down to connect with others.		X				X			
Increase Empathy	The Art of Being Authentic	Consider what it means to be less focused inward, and more focused outward.		X	X			X			
Pursue Noble Goal	What is Pursue Noble Goal?	Define Pursue Noble Goal	X	X	X	X					
Pursue Noble Goal	What's Your Why?	Begin to create your noble goal.			X	X					
Pursue Noble Goad	You Are Bigger Than...	Reflect on what really matters most to you				X					
Pursue Noble Goal	Making Quality Decisions	Align your daily actions to your noble goal.	X			X					
Pursue Noble Goal	What Gets You Out of Bed?	Consider the legacy you want to leave behind.				X					
Pursue Noble Goal	Your Life GPS	Connect your what, how, and why to your everyday life.				X					
Pursue Noble Goal	Slowing Down for Purpose	Connect with the heart and mind as one.				X					

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Outcome: Workload (available fall 2019)	To Do: Put these Five Things on my "Don't List"	Stop doing these five things to effectively manage workload	X				X				
Outcome: Relationships (available fall 2019)	Difficult Conversations Don't Have to be Difficult	Six steps to navigate difficult conversations		X				X			
Outcome: Trust (available fall 2019)	Creating Psychological Safety							X			
Outcome: Trust (available fall 2019)	5 Hacks to Build Trust							x			
Outcome: Effectiveness (available fall 2019)	What's Your Influence Style?		x								
Outcome: Effectiveness (available fall 2019)	Office Politics		X								
Outcome: Wellbeing (available fall 2019)	The Benefits of Stress. Really!?				X						
Outcome: Courage (available fall 2019)	Navigating Fear										x
Outcome: Courage (available fall 2019)	15 Ways to Increase Your Optimism										X
Outcome: Resilience (available fall 2019)	7 Hacks to Build Your Resilience								x		