



LIVE WORKSHOPS

ACCOUNTING FOR **YOUR** ORGANIZATION'S REALITY

Live Workshops combine presentational and experiential educational models to translate too often idealistically delivered concepts into immediately actionable strategies.

Workshops deliver customized content at your location over the span of 2 to 4 x 8-hour days. Your organization's needs, preferences, and budget determine which topics are most relevant to include to successfully move the needle of its collective health, wellness, and performance.

Live Workshops are not intended to replace our web-based Tactical Initiator Certification Course but instead provide a powerful complement. The goal of these in person events is to identify and solve issues specific to your organization by literally getting attendees' hands dirty and also getting a little comfortable being uncomfortable.

The course is instructed through a progressive three-pronged approach.

1. **Student** - Attendees learn through demonstrative and didactic content delivery either on the training floor or in a classroom setting
2. **Athlete** - Attendees interact with instructors while playing the role of the audience they aim to influence (leadership, peers, subordinates, etc.)
3. **Coach** - Attendees take the role of influencer and apply what they've learned to scenarios that align with what they will encounter within their reality

**Live Workshops include a minimum of two certified and highly qualified instructors.*

Example Content Options

MOBILIZE

Topics include anything involving the intentional application of physical stress

- Recon (aka assessment - physical & behavioral)
 - ◆ Individual
 - ◆ Group
 - ◆ Organizational

- Movement
 - ◆ Positions (range of motion & stability)
 - ◆ Coordination
 - Fundamental Patterns
 - Core, Lower & Upper Body Push & Pull, Rotation, & Locomotion

- Output
 - ◆ Strength Training
 - Body Weight, Barbell, Kettlebell, Dumbbell, Suspension Trainer, Sandbag, Landmine, Odd Implements, etc.
 - ◆ Power
 - Plyometrics (jump, hop, bound, throw, slam, swing, pass, etc.)
 - Speed & Agility (sprint, stop, shuffle, cut, crossover, back pedal, etc.)
 - Olympic Weightlifting + Alternatives & Variations

- Capacity (conditioning)
 - ◆ Continuous
 - ◆ Intermittent
 - ◆ Job Specific

- Constructs
 - ◆ Program Comprehension
 - ◆ Program Manipulation
 - ◆ Program Creation
 - ◆ Advanced Program Design

RESET

Topics include anything involving the adaptation to intentional and unavoidable stress

- Sleep
 - ◆ Assessment of Quantity, Quality, & Lifestyle
 - ◆ Solution Strategies
 - Lifestyle Adjustment
 - Sleep Hygiene

- Fuel
 - ◆ Assessment of Intake & Behaviors
 - ◆ Solution Strategies
 - Behaviors
 - Meals
 - Snacks
 - Pre, Intra, & Post Activity Protocols
 - Supplements

- Attention
 - ◆ Breathing
 - ◆ Meditation
 - ◆ Mental Rehearsals
 - ◆ Visualization
 - ◆ Stress Exposure Training
 - ◆ Memory & Recall
 - ◆ Decision Making
 - ◆ After Action Review Process

- Activity
 - ◆ Assessment
 - ◆ Enhancement Strategies

- Tools
 - ◆ Efficacy Review
 - ◆ Self Myofascial Release Strategies

COACH

Topics include anything involving human interaction and program establishment

→ Connection

- ◆ Organizational Relationship Dynamics
- ◆ Communication Strategies
- ◆ Multidirectional Influence (up, down, across)

→ Nuance

- ◆ Logistical Troubleshooting
 - Space
 - Equipment
 - Time
 - Competing Demands
- ◆ Prioritization of Initiatives
- ◆ Wearable Technology (data collection & application)

→ Presence

- ◆ Situational Awareness
- ◆ Emotional Intelligence
- ◆ Art of Coaching
 - Cueing
 - Flow
 - Energy
- ◆ Empowerment Strategies

→ Investment

- ◆ Identification of Self
- ◆ Application of Purpose to Self
- ◆ Health, Wellness, & Performance Program Establishment Considerations
- ◆ Exploring Continued Education Opportunities

If you have additional questions about Live Workshops or how they can be paired with the Certification Course and other products and services from The Initiative, please contact us at the email below.

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