

# The Conscious Professional Course Directory

*Numerous clients told us it was the best course they have ever attended.*

Bethany Jennings, Senior Marketing Manager – **DLA Piper**

## Welcome

Thank you for your interest in **The Conscious Professional**. We have been delivering inspiring mindful education and communications courses to professionals at Pinsent Masons, Natwest, Netflix, Linklaters, DLA Piper, RPC, Warner Brothers and many more since 2012. We look forward to discovering how we can best serve your needs.

## How We Work

As a boutique consultancy we design and deliver individual keynotes, workshops or a series of sessions tailored to your exact needs. We take pride in listening to our clients and exceeding their expectations. All our courses are evidence-based and have been tried and tested on discerning professional audiences.

Most courses are modular, allowing you to choose and combine the topics that are of key relevance. We can advise you on what topics will work best given your learning needs and time constraints. We also have the capability of developing new modules when required.

Over the years we have gathered a team of brilliant trainers, coaches, and subject specialists allowing us to offer multiple courses simultaneously for your events, inductions, and conferences. All courses are available either in person, hybrid, or online through your preferred portal.

We also offer **Conscious Coaching** partnerships to support your executives and leaders in their performance, personal development, and wellbeing journey.

Please do browse our directory and when you are ready to take the next step, please book in for a discovery call through our website, or email me directly today.

Thank you.

**Neil Seligman, Founder & Lead Trainer**  
[neil@theconsciousprofessional.com](mailto:neil@theconsciousprofessional.com)



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## NEW & NOTEWORTHY

### Thriving In A Hybrid World (A Two-Part Course)

**Course Description:**

Rather than being a mash-up of previously known skills, hybrid introduces a whole new paradigm for the modern workplace. Today's professionals must run hybrid meetings seamlessly, work asynchronously, and resolve conflict across timelines. In order to thrive, they also need to embed sophisticated mindset and resilience skills, ensuring that wellbeing lies at the heart of their endeavours.

#### Part 1: Essential Skills For Hybrid Workers

1. Hybrid Team-Working Skills
2. Hybrid Meeting Skills
3. Time-Management In A Hybrid World
4. Professional Boundaries & Meeting Deadlines

#### Part 2: Professional Resilience For Hybrid Workers

1. The Conscious Guide To Stress
2. Wellbeing & Balance In A Hybrid World
3. Digital Wellbeing For Hybrid Workers
4. Mindfulness & Self-Compassion

**Format:** Two 2-hour workshops. Delivery in person, virtual, or hybrid.

### A Mindful Guide to Challenging Conversations & Productive Conflict

**Course Description:**

How much time is lost fretting about a high-risk conversation with a client or colleague, and ruminating after the event on how it could have gone so much better? Conflict is a multi-sensory experience that churns the stomach, leaving us feeling emotional, angry, and out of control. It can turn a good day bad in a matter of seconds. As a result, most professionals would like to feel more skillful within conflict and more consistently able to represent their best self.

In this dynamic and practical session, we journey boldly towards increased self-awareness, naming our values within conflict, and growing in emotional intelligence. Our aim, to lead courageously whether conflict is present or absent, and to communicate precisely, honestly, and compassionately.

**Format:** 60-90 minute seminar.



## MASTERCLASS SERIES

### The Wisdom of Impostor Syndrome

Impostor syndrome refers to the internal experience of believing that you are not as competent as others perceive you to be. I experienced it as a fledgling Barrister when I represented my first client in Court, when I taught my first meditation class, and most recently when I filmed a pilot for an international tv show as Mindfulness Expert. Perhaps it has been a feature of your career too? In this powerfully affirming workshop we will explore Impostor Syndrome, its history and the science behind it. We will uncover its importance as part of a life lived well and as an indicator of growth, humility, learning, and becoming. Together we will explore the wisdom that lies within this very human experience, aiming to emerge with increased self-knowledge, resilience, and confidence.

### The Power of Self-Compassion For Professionals

#### Course Description:

Self-Compassion is the new kid on the block in respect of personal and professional development. In this powerful and searching session we will first consider all the ways in which we have been taught to deride self-compassion as selfish and indulgent. We will then consider the skills of self-compassion by exploring our self-talk, our internal relationship with self, and discover another way to motivate excellence, beyond criticism, and self-shaming. The aim: to increase our capacity for professional excellence and equanimity.

**Format:** 1 hour seminar or 2 hour workshop.

### Emotional Intelligence For Professionals

#### Course Description:

Research shows that high Emotional Intelligence correlates to happiness, success, and excellence (particularly in the field of management and leadership). Despite the growing consensus around the benefits of EQ in the workplace, many professionals are unclear about how they can increase their own.

This seminar introduces EQ alongside simple mindfulness practices. In this way, the session will offer practical insights and experiential exercises that enable delegates to tap into their own EQ and increase it.

The session will cover:

1. The What, Why and How of EQ
2. The Conscious EQ Framework
3. Simple Mindfulness practices to increase Self-Awareness and Self-Management
4. A framework for dealing with difficult Emotions
5. The link between EQ skills and Problem Solving

**Format:** 60-90 minute seminar.



## Thriving Amidst Change and Uncertainty

### Course Description:

The human experience is characterised by change and uncertainty at every stage, yet most of us find embracing these qualities challenging and disorienting. In this workshop we look at the benefits of upgrading our attitude and mindset as well as the skills of self-compassion and self-leadership to increase our experience of satisfaction, happiness and achievement. If the human experience could be likened to freefall, the challenge would be to live, without holding on.

**Format:** 60-90 minute seminar.

## Cultivating Work Life Balance

### Course Description:

A powerful workshop offering delegates space to get clear on their priorities and consider practical steps to bring their work into balance with other commitments. With practices and exercises to help inspire and support increased wellbeing, this workshop introduces the powerful teaching of alignment as the antidote to the ever-moving goalposts of ambition and success.

**Format:** 60-90 minute seminar.

## The Conscious Guide To Stress

The aim of this workshop is to provide delegates with the skills needed to feel increased control of their wellbeing and mental health whilst navigating turbulent high-pressure times. This experiential workshop reframes stress in powerful ways and teaches delegates how to keep their feet on the ground as pressures mount. Attendees learn how to download their stress cloud to regain perspective and upgrade their mindset building increased stress resilience. This session also works well in tandem with an inspiring mindfulness module.

**Format:** 60-90 minute seminar.



## Digital Wellbeing For Professionals

### Course Description:

What to do when your smartphone has been designed to addict you, the internet has been optimised to sell to you, and your email inbox is forever overflowing? In this illuminating seminar you will be reminded that our world is now driven by addictive technologies and offered tools that will allow you to take back control of your digital life. We define Digital Wellbeing as *intentional engagement with data and technology*. This workshop is an eye-opener that will leave you inspired to make some simple but powerful changes!

**Format:** 60-90 minute seminar.

## Growth Mindset Masterclass *Performance, Optimism & Happiness*

### Course Description:

A growth mindset is a core attribute of resilient successful and happy professionals and developing yours is a choice. Each day you process reality through the lens of your mindset. This session offers you an opportunity to polish and focus that lens to ensure that you are optimising both your experience of life and your performance. Our journey will take us through recent scientific discoveries in growth mindset as well as the linked and highly learnable skills of optimism and happiness. Turns out – happiness is not a destination but a practice – and one that you can welcome increasingly into your life and work.

**Format:** 60-90 minute seminar.

## Surviving to Thriving: A Masterclass in Burnout Prevention

### Course Description:

Join this inspiring workshop to hear a real-life story about how living under chronic stress and ignoring one's own needs led to exhaustion and a double burnout. You will get an intimate look into the hard-won insights of Tuire's journey from surviving to thriving. This workshop is not your everyday stress management training, as it will challenge you, in a light-hearted way, to approach your own challenges from a different angle, whilst offering practical tools to help you thrive.

**Format:** 1-3 hour seminar.



## CORE COMMUNICATION SKILLS

### Powerful Negotiation

**Course Description:**

This course is designed to give professionals the edge when negotiating on behalf of clients. Building from the ground up, the course tools participants with key definitions, concepts, styles, and principles of negotiation. The core model being taught is the strong win-win model. Often overlooked is the concept of mindset and self-management. This course introduces delegates to the power of presence, empathy, intuition, and intentionality within negotiation. The course concludes with the rules of engagement, expert-moves, persuasion, delivery, boundaries, and tactics.

In the 3 hour version, participants will take part in group and pairs negotiation exercises, and receive trainer feedback.

**Format:** 60-90 minute seminar or 3 hour workshop.

### Powerful Presenting *A Public Speaking Masterclass*

**Course Description:**

Communication skills remain a differentiator in the workplace. In this dynamic, enjoyable, and interactive session, Neil digests his years of experience as a Civil Law Barrister, International Public Speaking champion, and international keynote speaker, imparting the secrets that will help delegates get the basics right, develop their confidence and technical skill, whilst owning their unique power as a speaker.

**Format:** 60-90 hour seminar or 3 hour workshop.

### Powerful Interviewing For Lawyers

**Course Description:**

Interviewing skills are foundational to the success of every case. Without the facts, everything else falls apart. The quality of information that arises during an interview will be dependent on the skill and technique of the interviewer. Often, underestimated in their complexity, the inadequacy of interviewing skills often leads to a nasty surprise, or the failure of the case. In this session, delegates will develop the skills of genuine welcoming, listening, questioning, reassuring, persuading, spotting guesses, and much more.

In the 3 hour version, participants take part in pairs interviewing exercises and receive individual feedback.

**Format:** 1 hour seminar or 3 hour workshop.



## PROFESSIONAL RESILIENCE

### Professional Resilience - Part 1

*(Often delivered to New Starters or Associates)*

#### Course Description:

Consistently our most popular course since we began in 2012. Thousands of professionals have benefitted from the powerful insights within this course.

1. Resilience Awareness
2. The Conscious Guide To Stress
3. Mindfulness For Professionals
4. Digital Wellbeing
5. Personal Wellbeing
6. New Job, New Challenges – (When delivered as part of induction/onboarding/stepping up.)

**Format:** 2-3 hour workshop.

### Professional Resilience – Part 2

*(For Mid-Career & New Leaders)*

#### Course Description:

In response to client demand we have launched the long-awaited advanced update to the Professional Resilience program which covers the following topics!

1. Emotional Intelligence At Work
2. Overcoming Impostor Syndrome
3. Fear of Failure / Perfectionism
4. Alignment and Success
5. Professional Boundaries: Saying No & Meeting Deadlines
6. Navigating Change & Uncertainty

**Format:** 2-3 hour workshop.

#### Please Note:

*Part 1 and Part 2 are both stand-alone courses and it does not matter which course a delegate takes first. They can also be combined into a full day program.*





## Bespoke Professional Resilience Courses

The title of the course, duration of the training, and choice of modules will be discussed with you as we design your session and build your training materials.

We specialise in tailored Resilience courses. Clients may choose from the following list of modules. We will advise which modules work well together and how many should combine to create the most powerful training for your people.

## Resilience Modules

1. Resilience Awareness
2. The Conscious Guide to Stress
3. Stress Resilience through Mindfulness
4. Mindfulness: Embedding Your Practice
5. Digital Wellbeing
6. Personal Wellbeing
7. Emotional Intelligence
8. Alignment and Success
9. New Job, New Challenges
10. Cultivating Work-Life Balance
11. Professional Boundaries: Saying No & Meeting Deadlines
12. Dealing with Challenging Behaviours
13. Challenging Conversations
14. Balancing Perfectionism
15. The Wisdom of Impostor Syndrome
16. Neuroplasticity & Happiness
17. Professional Joy
18. Creativity For Professionals
19. Introducing Conscious Leadership
20. The Power of Self-Compassion
21. Navigating Change & Uncertainty

We also have the capacity to work with you to design and develop new modules when required.



## MINDFULNESS

*The following mindfulness courses are delivered individually as stand-alone trainings but can be combined to provide a series of three seminars that work well together and provide incremental learning.*

### **The Four Powers Of Mindfulness A Zen Masterclass with Neil Seligman**

#### **Course Description:**

Course Description

In this experiential Masterclass delegates are inspired to upgrade their contemplative and analytical professional skills by way of an enlightening introduction to The Four Powers of Mindfulness:

1. Concentration - traditionally The Great Protector - learn the art of mindful focus.
2. Clarity - cultivated through insight, perspective and conscious problem solving.
3. Care - the importance of compassionate awareness for both self and others, crucial to wellbeing and a compassionate culture of kindness.
4. Equanimity - balance through circumstance - the must-have super-power for trying times.

The Four Powers leaves delegates with a clearer appreciation of the professional outcomes of mindfulness and provides practical tools to upgrade their working practices and mindset.

**Format:** 1 hour seminar or 2 hour workshop.

### **Mindfulness, Stress, And Performance**

#### **Course Description:**

Mindfulness, is not just about stress, anxiety and counting your breath, it is about strength, performance, and excellence. In this dynamic, inspiring, and experiential session we will explore the two sides of mindfulness: as a powerfully simple intervention for stress and as a catalyst for peak performance!

**Format:** 1 hour seminar or 2 hour workshop.

### **Mindfulness: Embedding Your Practice**

#### **Course Description:**

There are two doors in mindfulness practice. One leads you to your cushion and represents the commitment it takes to simply show up regularly for practice. The second leads you into presence and mindful awareness. It is ever so easy for one, or both doors to close. This practical session will give you all the tools you need to turn your interest and commitment into a regular practice that supports your mental wellbeing, resilience, and performance, and becomes a friendly resource in your life. Bring your mindfulness challenges, your stories of success and failure, and learn how to keep both doors open, and your practice alive.

**Format:** 1 hour seminar or 2 hour workshop.



## ONLINE MINDFULNESS COURSE

### Zen In Ten

#### The Ten Day Mindfulness Accelerator For Professionals

**Course Description:**

During the pandemic, inspired by the needs of his clients, Neil Seligman created **Zen in Ten** digesting decades of experience and multiple professional trainings into a simple, fun and accessible ten-day online course.

**Zen in Ten** teaches the life-changing skill of meditation in just 15 minutes a day and has a single aim - to allow professionals to become confident meditators within ten days. Graduates of the course are able to sit confidently in mindful silence for 10 minutes and know they can call upon the steadying and clarifying impact of meditation at any time.

The impact on **Zen in Ten** students has been profound!

#### Testimonials

*I've used guided meditation Apps for years but Zen In Ten taught me how to practice meditation wherever and whenever I want, without the need for technology. It's such a life-changing skill.*

**Mat Lock, Peak Performance and Productivity Coach**

*Zen in Ten finally allowed me to experience inner quiet. I wholeheartedly recommend this course.*

**Carole Adams, Events Coordinator**

*Neil Seligman is the Joe Wicks of Mindfulness!*

**Caleb Jude Packham, Wellness Warrior**

**Format:** Ten Day Online Course

*Please Enquire For Corporate Group Pricing.*



## CONSCIOUS LEADERSHIP

### An Introduction To Conscious Leadership

**Course Description:**

As the world moves through yet another disruptive decade, an opportunity presents itself for a new form of leadership to emerge. Conscious Leadership paves the way for capitalism to realign with its heroic purpose, for all stakeholders to be honoured, and for conscious cultures to be established as the mainstays of employee wellbeing and engagement. Yet the journey of Conscious Leadership is an individual and personal one. Neil Seligman, author of *Conscious Leadership* (White Lion Publishing, 2019) will set the scene for your transformation and inspire your people to future-proof your business with conscious practices.

**Format:** 1 hour seminar or 2 hour workshop.

### Bespoke Conscious Leadership Trainings

For longer courses clients can select from the following topics and/or combine these with your choice of the Professional Resilience modules. The list below follows the 20 lessons from Neil Seligman's book: *Conscious Leadership. Reveal Your Potential. Inspire Excellence* (White Lion Publishing, 2019). One delivery method would be five 2-hour sessions each covering four linked modules.

### Conscious Leadership Modules

1. Vision and Values
2. Mission
3. Your Word
4. Boundaries
5. Support Team
6. Mind
7. Energy
8. What is Embodiment?
9. Stress Resilience
10. Surfing Change and Uncertainty
11. Emotional Intelligence
12. Self-Compassion
13. Mindfulness
14. Gratitude and Generosity
15. The Happy Leader
16. Heartful Leadership
17. Leadership Capacities
18. Excellence
19. Creativity as Standard
20. Alignment



## WELLBEING

### Conscious Nutrition with Laura Clark

#### **Course Description: What's Your Eating Personality?**

You make over 200 food-related decisions a day, 95% of which are subconscious. In a fast-paced professional environment what and how you eat has a profound effect on your physical and mental wellbeing, not to mention your engagement and productivity at work.

In this dynamic workshop you will discover which one of the five *Eating Personalities* you most align with and discover what is most likely to influence your daily food habits. With greater insight and perspective, you will leave with tailored nutrition tips and practical advice to take control of your nutritional wellbeing.

#### **Course Description: Nutrition – Ask the Expert!**

Nutrition Science is a complex field, with few definitive answers and a lot of grey areas. Often the media exacerbates the problem, making headlines out of conflicting reports and fuelling misinterpretation. The outcome is all too familiar: consumer confusion!

In this session, it is your chance to ask the nutrition questions you have always wanted answered. Diet dilemmas, food fictions, nutrition nightmares all welcome.

This session will be guided by your questions as leading expert Laura Clark shines a light on the latest science and offers you sound and practical nutrition advice.

#### **Course Description: Performance Nutrition**

You make 60% of your food choices at work and whether you are aware of them or not, they have a profound impact on your day. In this workshop you will learn how to unlock your potential by eating well and making powerful decisions to fuel your excellence. Do you know what it takes to nourish both brain and body for optimal productivity and resilience? Expect a dynamic workshop incorporating practical tips and strategies to take your performance and wellbeing to the next level.

#### **Trainer: Laura Clark, Dietitian**

Laura Clark is a Registered Dietitian and Sports Nutritionist. She has appeared on BBC Breakfast, Channel 5 and BBC London radio to discuss and debate topical nutrition issues and was also the dietitian for the 2011 series of ITV's *The Biggest Loser*. Laura is experienced translating the best nutritional advice for corporate audiences.

**Format:** Each session suits a 1 hour seminar or 2 hour workshop.



## Coaching Partnerships

### Conscious Leadership Coaching for Senior Leaders

As our world is being remade, this is the time to lead with presence, heart and vision. In the first session, we will lay the framework for the partnership, clarifying the scope of work and naming the challenges ahead. Neil will brief the delegate on applicable Conscious Leadership and Conscious Business tools and models empowering them over the next months to refine their leadership vision by designing custom frameworks that catalyse purposeful clear and aligned thinking and behaviours. This coaching programme is designed to empower leaders to steer their organization and their life towards a conscious innovative and inspiring future.

**Format:** 6 or 12 ninety-minute sessions usually taken fortnightly.

### Conscious Coaching

This is a powerful coaching partnership to resource, support and inspire professionals to unlock the learnings within their current challenges and step courageously into the next chapter of their life and career. In the fortnightly sessions Neil will offer tools, models, resources, and homework assignments that will enable delegates to overcome their roadblocks and accelerate their learning. In our final session we will review the process, harvest the learnings, and celebrate the journey.

**Format:** 6 or 12 ninety-minute sessions usually taken fortnightly.

### Wellbeing Coaching

The Conscious Professional works with a faculty of talented coaches who have dual expertise in both mindfulness and conscious professional skills. All have spent time in the corporate world and know well the challenges of a high-flying career. We frequently support firms with their coaching needs around the world and can offer coaching in English, Dutch, Finnish, Spanish, and Italian.



## TESTIMONIALS

*Neil lives and breathes his brand.*

**Caroline de Souza, Head of Learning & Development – RPC LLP**

*Neil's session at our global HR conference was exceptional, receiving glowing feedback and lasting impact.*

**Johnny Nichols, HR Director – Bird & Bird**

*Neil expertly brings mindfulness into the corporate context and his workshop on Conscious Communication offered practical tools and thought leadership in an engaging, tailored and well-thought-out way. His delivery and materials landed for my team and the session has become a touchstone for further discussions.*

**Mark Carey, Senior Business Development Counsel Director – National Grid Ventures**

*Neil Seligman's first-hand experience of the corporate world gives him the ability to connect with his clients and offer suggestions for effectively managing today's pressures. He is pragmatic, passionate, and inspiring in what can be achieved through tools such as reflection, mindfulness and self-compassion.*

**Shereena Rai, Senior Regulatory & Litigation Lawyer - British Airways**

*We have had the privilege of working with Neil and The Conscious Professional for the last three years across our Asia offices. The workshops are always perfectly pitched for our teams and Neil's energy and enthusiasm is utterly infectious.*

**Kate Gregg, Practice Director, Asia – RPC LLP**

*I really believe Neil has a gift for reawakening consciousness.*

**Elizabeth M. Renieris, Harvard Fellow (Conscious Leadership Coaching)**

*Neil's talk at the Digital Mindfulness inaugural Conference was inspiring and thoroughly engaging, leaving the audience with new, actionable ways to apply the discipline of being a mindful professional in these busy times.*

**Dr. Lawrence Ampofo, Director – Digital Mindfulness**

*I have had the great pleasure of hearing Neil speak on Mindfulness and found his style not only extremely engaging but deeply authentic. His message has remained with me and that is both in equal part to its clarity and its delivery.*

**Luan de Burgh, Director – De Burgh Group**



*Thank you for your enthralling session today – 1 hour was clearly not enough!*

**Oliver Holmes, Human Capital & Diversity Lead – Accenture**

*Neil has an infectious ability to dispel the shadows.*

**His Honour Judge Damien Lochrane (Conscious Leadership Coaching)**

*Neil has a gift in his power of listening. He inspires his clients to take personal responsibility for their own evolution as a professional and as a human being.*

**Georgina Eden, Meditation Teacher (Neil's teacher and guide since 2007).**

## **CONTACTS**

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