

# Learning Pillar Workshops

1440  
MULTIVERSITY

CREATING HOPE FOR LIVING WELL



SANTA CRUZ COUNTY, CALIFORNIA | 1440.ORG



# 1440 Learning Pillar Workshops

*Enriching, Immersive Learning Experiences in Nature*

**OPEN YOUR MIND, HEART AND CURIOSITY** as you explore new learning opportunities through 1440 Learning Pillar Workshops, one of the most popular components to a program stay at 1440 Multiversity.

These experiences provide an outlet for attendees to discover a new practice, express their passion, and energize themselves in community with others. Available across diverse categories, workshops welcome individuals of all experience levels to find new ways to Live, Lead, Love, Work and Wonder Well.

Learning Pillar Workshops provide a range of customized choices aimed at fostering team unity and individual growth, emphasizing on teambuilding, leadership training, and beyond.

Each program is tailored to meet the specific objectives of your group and are available at an additional cost.

We look forward to welcoming you to campus to let your energy, discovery and creativity flourish in the redwoods.

## Your Gathering at 1440 Helps Build Community

A portion of every group booking at 1440 is donated to a mission-aligned organization in need and helps support our 1440 volunteer efforts and philanthropic activities. For more information about past organizations that have received scholarships and grants, visit [1440.org/scholarships](https://1440.org/scholarships). Thank you for creating hope for living well.







## Learning Pillar Workshops





# Program Package Additions That Foster Collaboration & Connection

Elevate your group's experience with workshops crafted around our five foundational learning pillars: Live, Lead, Love, Work and Wonder Well. Offering a spectrum of personalized options to support team cohesion and personal development, these exclusive sessions can be tailored to your event's needs and are priced per person, per day, based on the selected workshop.

## Critical Conversations

Explore how conflict can strengthen teams and communities in this immersive program featuring Scott Kriens, 1440 co-creator and former CEO of Juniper Networks. Gain skills to navigate conflicts, enhance dialogue capabilities for organizational success, manage reactions in tough conversations, and understand your approach to critical discussions, all through authentic leadership principles.

## Disrupting Workplace Bias

This workshop offers tools to tackle bias in order to foster inclusive, high-performance environments. Delve into workplace bias impacts, the neuroscience of bias, microaggressions and intersectionality. Learn both conventional and contemplative techniques to disrupt unconscious bias and enhance cultural competency. Using the Harvard Implicit Bias Test, gain insights and develop an action plan to combat bias for a thriving workplace.

## The Enneagram: A Transformational Path

Learn about the world of the Enneagram, an ancient personality typing system that reveals your unique motivations and patterns of behavior. This program guides you in discovering your Enneagram type, offering deep insights into your core self. Learn how to harness this knowledge for personal growth, improved relationships and self-awareness, leading to a more fulfilled and understanding life.

*These specialized programs require booking several months in advance in order to schedule our expert faculty instructors. Differing from our signature classes, these unique offerings are not available for on-demand enrollment upon arrival.*

## Grief & Healing

Loss is an integral part of life, and healthcare professionals face it daily. Grief, our heart's response to loss, brings an emotional impact that builds over time. This session introduces mindful techniques to navigate grief with awareness, curiosity and compassion. Participate in embodiment practices and experience the power of shared stories, exploring rituals and connections as vital tools for engaging with and healing grief.

## Hope — Journey to Joy & Growth

Physicians often face emotional and physical exhaustion, losing touch with the values and meaning that initially drew them to medicine. Can they rediscover joy and purpose? This workshop explores the root causes of burnout and introduces perspectives, attitudes and evidence-based habits that provide hope for living well. Key topics include mindfulness; responsibility to circumstances; and positive adaptations like coherence, gratitude, relationship building and self-compassion. Interactive small group sessions with story writing and storytelling will reinforce these vital concepts.





# Learning Pillar Workshops

## Mastering Inclusive Leadership

Embrace the journey to become an inspiring inclusive leader with Mastering Inclusive Leadership. This vital experience is tailored for those eager to deepen team engagement, share power, and foster true inclusion. Learn to address biases, confidently navigate diversity and employ proven strategies for collaboration and empathy. Become an Ally, reflect on your leadership and join a supportive community for open, risk-free discussions on inclusion.

## Moral Injury Recognition & Care

Dive into the unique stressors that healthcare professionals face, understanding the nuances of burnout, compassion fatigue and the development of moral injury. We'll offer a detailed historical perspective on the evolution and assessment of moral injury over recent decades, along with a comprehensive framework outlining its development and persistence. The session includes identifying self-care barriers; adopting nurturing strategies; engaging in self-compassion exercises; and group reflections on fostering patience and care for oneself. We conclude with approaches for healing from moral injury on both personal and systemic levels.

## One-On-One Leadership Coaching

Embark on a transformative journey with our one-on-one coaching program. Tailored to your unique path, this personalized experience fosters profound self-discovery and growth. Unlock your potential, refine your goals and develop strategies for success. Our dedicated coaches guide you towards achieving personal and professional fulfillment, ensuring each step resonates with your true purpose.

*These specialized programs require booking several months in advance in order to schedule our expert faculty instructors. Differing from our signature classes, these unique offerings are not available for on-demand enrollment upon arrival.*

## Practicing Conscious Leadership

Discover the art of conscious leadership with this specialized coaching program designed for those seeking to lead with awareness and intention. This experience helps you navigate the complexities of modern leadership through learning to embrace mindful practices, cultivate emotional intelligence and make impactful decisions. Our expert coaches support your journey to becoming a leader who inspires change and fosters a culture of consciousness.

## Struggle Well

Struggle Well is an intensive exploration of Posttraumatic Growth (PTG) principles, offering strategies to transform challenges into strength and growth for a life of passion, purpose and connection. Facilitated by Boulder Crest Foundation, this workshop is designed to help individuals thrive after adversity by providing tools for enhancing life in five key areas: New Possibilities, Deeper Relationships, Personal Strength, Appreciation for Life and Spiritual Change.

## True Colors: Personal Awareness & Success

Connect with yourself and others in this fun and interactive True Colors workshop that will help attendees understand more about themselves and how to improve their communication — and relationships — with those around them. Join our 1440 certified True Colors facilitator and discover your color spectrum, participate in exercises to brighten your personality attributes, and see the value that our differences and contributions make to our teams and the world. Used by thousands of organizations, True Colors advanced workshops are also available in Conflict Management, Team Building and Communication for those who have already taken the True Colors Personal Awareness & Success workshop.







# Learning Pillar Workshops

## True North Leadership

Based on Bill George's Authentic Leadership Course at Harvard Business School, True North Leadership is designed to help you become a heartfelt authentic leader. In this process you will discover your True North — the internal compass that guides you successfully through life — as you explore your life story, values and unique strengths, leading to profound truths about your leadership style. Learn to lead with integrity; enhance presence and compassion; boost innovation; and unite teams around shared values.

## Warrior PATHH

In partnership with Boulder Crest Foundation, Warrior PATHH is a unique program designed for veterans in support of their healing and growth. Learn from 1440 healing modalities and the Warrior PATHH approach based on the science of Posttraumatic Growth (PTG), focusing on resilience, recovery and personal empowerment. This workshop is held in a nurturing space where veterans can rediscover their strengths and embark on a transformative path to renewed purpose and wellbeing.

## Changing Work: *Sessions & Workshops*

Join faculty members from Changing Work, including creator, thought leader and former LinkedIn global executive Scott Shute, for a series of workshops and keynote discussions focused on solving some of the challenges of the workplace from the inside out with a holistic approach to living well. Workshop lengths are customizable from one hour to a full day, and session highlights include:

## Balancing Our Ambition With Our Inner Peace

"How can I be a high performer in today's competitive environment and also be at peace with myself?" In this keynote, Changing Work faculty members will teach you how to successfully navigate this apparent dichotomy. You'll examine the mindsets and practices needed for success, and identify the traps that we often fall into. We'll identify how to pick the right mountain to climb and show that it's possible to remain balanced while "standing in the fire" of life.

## Changing Work Team Journey

The Team Journey is a cutting-edge experience with short and impactful sessions that will increase team connection and engagement. It enables managers to quickly learn and implement best practices that create a team culture where everyone can do their best work. Discover storytelling for increased connection and psychological safety, enhancing collaboration and trust; boosting purpose in work and life; managing conflict skillfully; and harnessing the superpower of gratitude.



*These specialized programs require booking several months in advance in order to schedule our expert faculty instructors. Differing from our signature classes, these unique offerings are not available for on-demand enrollment upon arrival.*



# Changing Work: *Sessions & Workshops*

## Compassion In Action

Learn to become a more compassionate leader and flourish in your job and life by transitioning from a “self-centered” to a “we-centered” mindset, enhancing happiness and success. Discover ways to work and live compassionately, serving your team and customers effectively. Build meaningful relationships, develop trust through authentic leadership, foster a growth mindset, and infuse joy into your daily life, creating a positive impact in your professional and personal spheres.

## Happiness From the Inside Out

Our lives can be chaotic, but when we focus on our wellbeing we increase our capacity for resilience, creativity and joy. By deepening our awareness of self and aligning our core values, we strengthen our ability to change, move from pessimism to optimism, and increase our capacity for compassion and service to others. In this keynote, Changing Work CEO Scott Schute introduces a simple four-step process on living a more fulfilling life, both in and out of work.

## The Mastery of Me

Enhance your mental focus and presence while cultivating a growth mindset. Discover how to navigate life’s challenges into opportunities for development and recognize potential in setbacks. Learn effective strategies for managing anxiety, embracing the power of gratitude, seeing life from different perspectives, and creating a practical system to drive meaningful change in your life. This journey equips you with tools for personal and professional growth.

## Mindfulness 101

Understand the anatomy of stress and how to work with your body’s nervous system. Learn the behavioral benefits of mindfulness and its application in daily life. Discover how to recognize your body’s stress responses; integrate techniques to reduce stress and anxiety; and establish healthy, sustainable practices that enhance your overall wellbeing and mindfulness in everyday activities.



*These specialized programs require booking several months in advance in order to schedule our expert faculty instructors. Differing from our signature classes, these unique offerings are not available for on-demand enrollment upon arrival.*





# Learn More About Our Learning Pillar Workshops

Thank you for considering 1440 Multiversity for your event. A portion of proceeds from each booking supports charitable work in our community and provides resources to those in need.

We look forward to hearing about how 1440 Multiversity can help your group achieve its learning objectives. Please contact the 1440 team below to receive a proposal or answers to any questions you may have.

**The Program Planning Team**  
programming@1440.org

