

## FINDING YOUR VOICE UNDER PRESSURE

**TIME: 75 MINUTES**

**AUDIENCE: STUDENTS (CAN BE ADAPTED FOR FACULTY AND/OR STAFF)**

A hands-on workshop for students who want to get better at the conversations they've either been avoiding or finding to be unproductive ~ with a roommate, a group project partner, a professor, or someone they disagree with. They'll be introduced to the concept of "conflict characters" and how to notice when that's happening and course-correct without letting the conversation get derailed.

Using the Core Five framework alongside improv-based exercises, students practice naming what's really going on, giving feedback that builds connection rather than resentment, and staying present when a conversation gets uncomfortable.

Expect movement, laughter, and real practice reps.

## MINDFUL IMPROV THINKING® AND IKIGAI

**TIME: 60 MINUTES**

**AUDIENCE: STUDENTS (CAN BE ADAPTED FOR FACULTY AND/OR STAFF)**

This workshop introduces students to the Japanese concept of ikigai or "reason for being" which sits at the intersection of four things:

- What you love
- What you are good at
- What the world needs
- What you can be paid for

In addition to allowing the students some time to consider how they would fill in those pieces, the workshop takes it one step further in identifying the limiting beliefs they may be holding that keep them from believing their ikigai is available to them.

We'll use some mindfulness practices inherent to the Mindful Improv Thinking® framework to address those limiting beliefs and give students some clear places to continue reflecting once they leave.

## BREATH AND IMAGINATION

**TIME: 45 - 75 MINUTES**

**AUDIENCE: STUDENTS, FACULTY, STAFF**

Breath & Imagination are two things that will happen for us automatically until we die. Despite that fact, each of these natural experiences has a lot of potential to help us navigate uncertainty, cope with anxiety and prepare well for success. We simply need to be consciously present with both of these activities!

This workshop can be easily adjusted based on the # of games and activities played. This is a practice heavy workshop designed to actually get participants using their imaginations productively and doing some meaningful breath-work.

## THE THREE KINDS OF FEEDBACK

**TIME: 60 MINUTES**

**AUDIENCE: STUDENTS, FACULTY, STAFF**

This talk introduces participants to the three primary ways in which we offer feedback to one another, and provides some guidelines – rooted in the Mindful Improv Thinking® framework – for helping us stick to the most helpful form of feedback. Attendees will also learn some of the warning signs to understand if they're beginning to slip into an unproductive lane during a feedback-oriented conversation.

## THE INNER WORK OF REPAIR - STUDENTS

**TIME: 60 MINUTES**

**AUDIENCE: STUDENTS**

This is a restorative workshop that guides participants through a process for finding a solid footing of inner calm as you navigate strain in personal or professional relationships.

The purpose of this workshop is both to make sure the keys to your own joy and optimism haven't been left in anyone else's back pocket and to set up restorative conversations for success by entering into them from a place of inner stability and peace.

Your joy is yours to cultivate and protect, and the purpose of this workshop is to help you do that without feeling fake or forced into insincere positivity. Come prepared with some examples in your own mind of relationships in need of repair (could be from your personal life or at work). Participants will be guided through an exercise for personal reflection and peace creation, and will also be introduced to a quick mental check-in exercise they can use on the fly when life tries to shake that foundation of peace.

## THE INNER WORK OF REPAIR - FACULTY/STAFF

**TIME: 60 MINUTES**

**AUDIENCE: FACULTY/STAFF (VIRTUAL OR IN PERSON)**

This is a restorative workshop that guides participants through a process for finding a solid footing of inner calm as you navigate strain in personal or professional relationships.

The purpose of this workshop is both to make sure the keys to your own joy and optimism haven't been left in anyone else's back pocket and to set up restorative conversations for success by entering into them from a place of inner stability and peace.

Your joy is yours to cultivate and protect, and the purpose of this workshop is to help you do that without feeling fake or forced into insincere positivity. Come prepared with some examples in your own mind of relationships in need of repair (could be from your personal life or at work). Participants will be guided through an exercise for personal reflection and peace creation, and will also be introduced to a quick mental check-in exercise they can use on the fly when life tries to shake that foundation of peace.

## REPAIRING TRUST: A FRAMEWORK

**TIME: 90 MINUTES**

**AUDIENCE: STUDENTS, FACULTY, STAFF**

Seasons of change, whether due to a reorganization, a leadership transition, rapid growth or something else, creates subtle and more noticeable opportunities for doubt, frustration, confusion and mistrust. This session introduces two processes (the V.A.M.P. method & the Two Key Questions) for engaging conflict and rebuilding trust once it has been strained.

Participants work through a chosen scenario, practice specific feedback and repair language, and leave with a short guide they can use with their own team going forward.

If you are interested in booking a time with Andrea, email Bridget Fish at [bfish@tulane.edu](mailto:bfish@tulane.edu)

The Leadership Educator in Residence Program is made possible by the generosity of Millie Pilié Bradley (NC '73; MBA '75) and R. Allan Bradley Jr. (MBA '75).