

KOHERENCE ONE TRAINING

STARTUP TEAMS

CORPORATE TEAMS



DESCRIPTION

During this time of emerging from a global crisis, thriving greatly depends on your capacity to be grounded in equanimity, clarity, and interpersonal connection. Especially in times of rapid change, opportunities abound to bring people together to innovate and to transform. This training introduces you to the first chapter of the Koherence philosophy, which is that of Group Flow, a synergy of five Principles (Integrity, Intention, Grace, Authenticity, and Awareness) in practice that result in a cultivated state of Active + Connected + Presence, which accelerates people, groups, and businesses. We will provide the support, community, and principles to deepen your clarity, inner peace, productivity, and connection. You will be empowered to show up powerfully in service of others and in support of your authentic mission and purpose.

LENGTH

2.5 hours

SIZE

5 to 10 people

LOCATION

In-person or virtual trainer-led

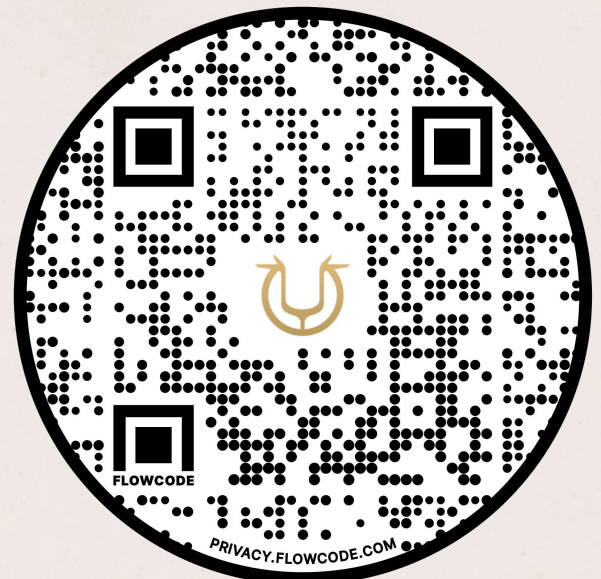
WORKSHOP

\$200
PER PERSON

INSTRUCTORS

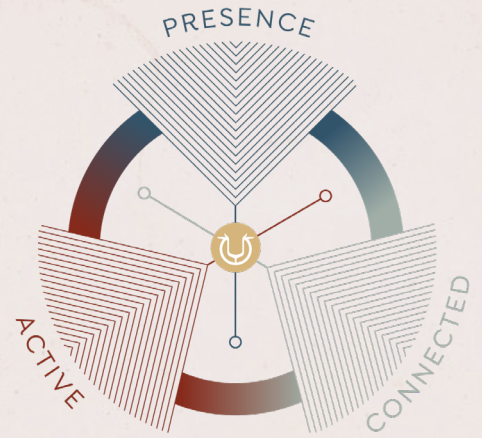


Inonge Khabele



In a world that's emerging from a global crisis, few things are more important than cultivating Koherence & Flow.

Research on Koherence and Flow has consistently shown that developing embodied self-awareness builds resilience, adaptability, and the ability to handle strong emotions and modulate fear.



Through experiential learning, group support, and expert facilitation, participants will receive:

- Centering meditations
- Flow-based exercises
- The Koherence Method
- Mental Model discussions
- Content vs Context
- Contemplative Dialogue
- Journaling

This training is for you if you want to...

- Have your team effortlessly work as a single unit and act decisively, despite ambiguity, rapid change, and overwhelming information
- Learn step-by-step methods to help your team get and stay on the same page
- Identify and address the ways you numb out in the intensity of radical change
- Enjoy mutually supportive relationships in a community of like-minded leaders who are committed to character and leadership development
- Cultivate a culture founded on time-tested principles, which unifies people and multiplies productivity, skill acquisition, creative problem solving, and innovation



Contact us to learn more or schedule a training
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