

Insight with Joni

Supporting Mental Health and Emotional Resilience

Proposal for Professional Development & Additional Offerings

Whether you're a business leader, counselor, health and human services professional, school leader, medical professional, or athletic trainer, mental and emotional well-being is of the utmost importance. Research shows that individuals who learn mindfulness not only reduce their own stress levels and minimize burnout, but are more attentive, empathetic, emotionally regulated, and effective in everything they do.

Additionally, clients and populations served by mindful professionals reap the benefits of improved attention, greater social-emotional skills, and a reduction in anxiety, stress, and depression. They learn healthy coping skills and respond skillfully to challenge.

It's a win-win for everyone.



WHY INSIGHT WITH JONI?

My Work is Evidence-Based

My programs have been proven to:

- Reduce feelings of fatigue or “burnout”.
- Improve self-efficacy around stress management.
- Increase feelings of compassion towards oneself and others.
- Improve ability to recover from stressful events, and/or be more flexible in dealing with challenging situations.
- Improve overall personal well-being.

Research confirms that mindfulness practices:

- Improve focus and attention
- Increase resilience (improving and protecting mental health)
- Create positive social/emotional outcomes

Enhances Emotional Intelligence

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Better Decision Making



Emphasis on the Positive Trickle-Down Effect

Emotional energy trickles from the top down within any system, whether it's a corporate, family, or educational system. That is why we emphasize training of administrators, counselors, and educators in the mindfulness mindset and techniques: so they can gain greater focus, emotional regulation, and resilience. With such positive outcomes in leaders, others are positively impacted before they even learn the first concept of mindfulness. Eventually the whole organization climate can shift toward greater awareness, self-management, and decision-making.

We Use a Trauma-Sensitive Approach

Joni Sturgill, LPC, NCC, ERYT, draws on her training with Daniel Libby, PhD., RYT (creator of Mindful Resilience for Trauma Recovery), and Bessel Vander Kolk (Trauma researcher and author of *The Body Keeps the Score*), to include a trauma-sensitive approach in the curriculum, creating a safe and inclusive environment for all.

Our Program is Customizable and Personable

While the Plugged into Mindfulness Professional Development training is most ideal to create lasting change throughout your organization, other options and supports are available. Plus, our offerings aren't ONLY online, but we offer face to face sessions, which are important for creating greater focus, engagement and more mindful communication/better relationships.



Option 1: Plugged Into Mindfulness Professional Development

Purpose:

This 10-session course in mindfulness training serves three purposes:

1. **Learning self-care.** Chronic stress and burnout are a big issue in many fields these days. This negatively impacts mental and physical health and can have negative consequences for the work environment. Research shows that mindfulness training offers professionals stress management tools and facilitates an overall increase in self-care, increasing well-being as well as their efficacy.
2. **Becoming a more mindful professional.** Mindfulness practice is associated with qualities that are critical to being effective in any workplace, such as attention, empathy, and emotion regulation.
3. **Developing a foundation for offering mindfulness instruction to others.** Self-care and the embodiment of mindfulness practices are essential to teach the practices to others.

Course Aims and Outcomes:

To understand in theory and research, and to embody in practice, mindfulness and breathing techniques with the intention of developing:

Attention Skills

- Greater ability to concentrate (spatial, temporal and suppression assumption)
- Finding clarity (having discrimination through detection and intense focus)
- Experiencing equanimity (a balanced internal state regardless of circumstances)

Emotional Intelligence (EQ growth)

- Self-awareness
- Self-management / emotional regulation
- Social awareness & Improved relationship skills
- Responsible decision-making

Resiliency

- Self-confidence
- Flexibility in the face of challenge
- Emotional resilience (recovery from stressful event)
- Trust in self and others



Plugged Into Mindfulness Professional Development

Professional Development Course Details:

Available in-person, zoom or hybrid

Includes:

- A manual and course book
- 10 one-hour sessions with lead trainer
- Training video access for one year
- Planning and email support
- One community outreach session
- Custom options are available

Program Cost

10 session complete training cost is \$14,500. This includes planning, customization, curriculum, live training sessions, books, manuals, community outreach session, email support. (up to 35 people, in-person within Southwestern Pennsylvania region or zoom elsewhere, unless travel billed separately)

FLEX OPTIONS:

10 session pre-recorded video program with e-manual:
\$9,800

8 sessions of live training instead of 10:
\$12,000.

Specific Learning Outcomes:

By the end of this course, participants will learn:

- The basics of mindfulness & breathwork training
- Techniques for managing active and stressful thoughts
- Techniques for managing challenging emotions
- Practices that cultivate positivity, gratitude and compassion
- The research that supports mindfulness and the common myths around mindfulness
- Support for creating your own daily sitting practice
- How to teach the practices to both peer groups clients, and employees, individually and in groups



Option 2:

Keynotes and One-Time Workshops

Joni is available for engaging, customizable keynotes and workshops, addressing burnout, stress, leadership, parenting, women's empowerment and resilience through the lens of mindfulness and the practice of equanimity. Specific content is customizable, and can kickstart programming

- Cost for Live Virtual Keynote Talk or One-Time Workshop of Pre-designed Content:
 - \$1050 (1 hour/ 60 minutes)
- Cost for In-Person, Customized Keynote or Workshop:
 - \$3,200 (plus travel expenses if outside of Southwestern Pennsylvania)
 - Includes up to 2 – 30-minute consultation calls to customize content to organizational needs
 - Includes between 60-120 minutes of live, in-person presentation
 - Includes an additional 30-60 minutes of live, in-person, Deeper Dive Q&A post-presentation session for anyone who wants more information (typically a smaller group)

Pre-designed topics on following page...



WOMEN'S EMPOWERMENT

Are you living the life you want, with purpose and meaning? Do you long for support around your personal goals? Want to work toward becoming your healthiest self - mentally, emotionally, and physically?

We will discuss and practice:

- mindfulness, to learn more about ourselves, inside and out
- simple physical movements designed to release stress and create wellness in the body
- breathing practices to relax the body and to empower/develop confidence and strength
- techniques and support to eliminate guilt and the tendency to put yourself last
- goal setting practices to help you succeed and find meaning in life

ACTION-ORIENTED INSIGHT

Joni Sturgill will offer you a new perspective on stress and how to manage it, as well as practices that offer insight, inspiration, and even relaxation. You'll learn a few simple movements to wake up the body, as well as breathing practices, mindfulness techniques to help you focus, and methods on how to shift your perspective, so you can move forward instead of getting stuck.

MINDFUL ASCENT GROWTH LEADERSHIP

Joni discusses the key components to becoming a more powerful leader, with her wisdom and resilience training. You'll learn how to more effectively connect with your team and encourage a mindful, growth-oriented mindset for your whole organization.



CONTACT

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ABOUT

Joni Sturgill is a licensed professional counselor and a nationally-certified counselor, holds a MS in Psychology, BA in Communication, earned the advanced yoga teaching designation of ERYT-500, and also studied at the Institute for Integrative Nutrition. Through her business, Insight with Joni, (Healthy Body Peaceful Soul, LLC), she shares insights on mental, emotional, and physical wellness to corporate populations, cancer patients, caregivers, therapists, educators, students of her training programs, and other various groups and individuals. Joni's Plugged into Mindfulness professional development program has been adapted for school districts, counselors working in addiction, first responders, and the corporate world. She is a member of the Vistage Speaker's Bureau, an Amazon best-selling-author, Insight Timer app Teacher, as well as a proud mother of two sons.

