

NEW!

YōL Wellbeing Programs for Intact Teams Working from Home



Growth, connection, and wellbeing are important for your people, now more than ever.

- ▶ Work more efficiently and effectively
- ▶ Align and adapt to a changing organizational strategy
- ▶ Feel better - Perform better - Grow better

What

- ▶ Affordable 4-8 week programs designed for intact teams working from home
- ▶ Accessible, varied programs designed for people at all levels
- ▶ Programs offered synchronously, asynchronously and in blended formats

How they are different from other programs

- ▶ Integrate somatic (mind/body) practices with learning and service engagement
- ▶ Specifically developed for intact and other teams, working from home
- ▶ Designed to meet people where they are

About YOL

Since 2014, YOL has been supporting leaders and their teams with impactful programs that increase compassion, performance, and productivity.

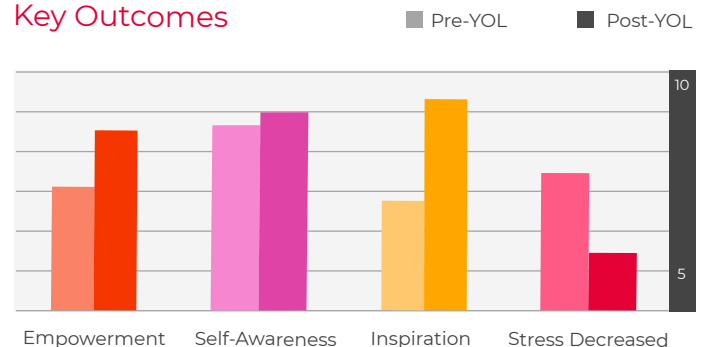
How?

By helping people attain “flow,” the optimal state for learning and peak performance, YOL gives professionals access to the tools they need to be better leaders, and activate and sustain their best performances.

Why?

Because everybody wants to perform their best, feel good about what they're doing, and make an impact in their jobs and in the world. YOL's vision is to live in a more conscious, connected and generous world. Our belief is that engagement, human engagement, is the key.

Key Outcomes



Contact teams@experienceyol.com or call 415.480.4676 to learn more about how YOL can help your teams reach their potential.

DISCOVER MORE AT experienceyol.com



Key Programs

Introduction to Resilience (60 minutes, weekly)

A program that enhances wellbeing, reduces stress, and fosters resilience.

Includes:

- ▶ Theory of mindfulness and stress
- ▶ Experiential practices to connect mind-body-spirit
- ▶ The neurobiology of our emotions
- ▶ Tools for resilience from The Potential Project
- ▶ Practical workplace & WFH applications

Navigating 'Difference' with Mindfulness (60 minutes, weekly)

This program supports engagement in conversations at the intersection of race, class, identity, and power. Includes:

- ▶ An introduction to the dimensions of difference within ourselves, and our communities
- ▶ Training in mindfulness and somatic strategies to maintain emotional response awareness
- ▶ Cultivation of deeper compassion for reactivity, fears and 'shadow' spaces
- ▶ Increased self-knowledge of what helps maintain presence during times of disequilibrium, or discomfort with others' experiences

Introduction to Mindful Leadership (60 minutes, weekly)

An abbreviated online version of the YOL Mindful Leadership Cohort program with a focus on:

- ▶ Neuroscience principles that guide how we lead and communicate
- ▶ Exploring mindfulness, presence, and trust
- ▶ Aligning your authentic style with emerging future leadership models
- ▶ Activating the power of joy and compassion at work

Additional programs, custom content and add-ons available [here](#).

YOL Experience Leaders



Zanette Johnson PhD

YOL's Director of Learning, helps teams increase engagement, wellbeing, and effectiveness. Drawing upon her background as a neuroscientist and her 25 years as a mindfulness practitioner, Zanette teaches leaders to stay relaxed and consistent, as they build alignment between their daily actions, shared values, and future goals.



David Perls

An executive coach, mindfulness teacher, and leadership facilitator. Following senior strategy roles at eBay, Charles Schwab, and Landor, David's work today is focused on enhancing conscious leadership through mindfulness. His clients range extensively from Airbnb and Uber to Stanford University and the U.S. Air Force.



Jason Gant

An adversity, mental skills training and mindfulness coach with 10+ years of experience developing boys into men, and working with students, athletes, and collegiate teams. A learning designer and experience curator, Jason's philosophy promotes and supports healthy and inclusive communities and workplaces.

Other YOL Experience Leaders | Our experience leaders are a world-class **team** of facilitators and human capital experts.

Collaborator: Potential Project

Potential Project is a global leadership training, mindfulness, organizational development and research firm.



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