

1340

CENTER FOR CREATIVE & CONSCIOUS LEADERSHIP

It's An

inside job

FIVE-PART CONSCIOUS LEADERSHIP SERIES

1340.ORG



CENTER FOR CREATIVE & CONSCIOUS LEADERSHIP

it's an inside job.

five-part conscious leadership series

be your own boom.

In every place, in every time, human beings have flourished through shaping and reshaping their existence to awaken, uncover, and walk into the essence of who they are and their human spirit potential. As Carl Jung shares, "We meet ourselves time and again in a thousand disguises on the path of life." The positive disintegration, divestiture of former identities that no longer serve, areas in disharmony, and shedding of what is false, is to witness seasons of change and rebirth into our creative and authentic fire. Overcoming the great obstacles to our inner conscious authority is to relinquish the acceptance, approval, performing, pretending, and hiding to sustain a cultivated mask. The mystery of life is full of transitions and passageways that become a frontier of choice, with who we want to become to fearlessly live a life of purpose and impact. As the world is changing faster than we can process and provoking crossroads, identity crises, and cultural shifts, we can spark our drifting consciousness, but **it is an inside job!** Come join this **one-of-a-kind leadership workshop series** that offers the opportunity to explore conscious and unconscious material that informs and restricts the expression of possibility as you lead the future.

This five-part conscious leadership series is being offered as virtual workshops which can be attended as a collection of experiences or as singular ones.

1340.ORG

1340

a universe of meaning, personally defined



CHOICE:

How Will You Navigate A Life Of Meaning?

Our life is a potential of possibilities that is changing from one moment to the next, always on the way, sometimes arriving, and often trying to meet ourselves fully at the gate of our destiny. We each inhabit a different compass and internal map, uniquely our own, where each life finds its true threshold and where the intimacy of one's gifts and heart touch the world. As we turn inward and pause on the external world to feed the craving soul and separated self, we shed light on what has meaning, heart, and fire at this time on the journey. Through the four archetypes of **warrior**, **healer**, **creator**, and **changemaker**, we linger to discover hidden treasures within us and gain insight into where there is strength, what needs healing attention, reshaping possibilities, and leading with wise stewardship. Come revisit where you are on the journey and explore the mystery of life by authoring a universe of meaning, personally defined to you.

One-Day Virtual Workshop

WITH DR. MICHELE MERCER & DR. TRACY COOPER

DATE: TBD

INCLUDES: Workshop, Workbook, Two (2) 45-Minute Conscious Leadership Coaching Sessions

COST: \$695

CENTER FOR CREATIVE & CONSCIOUS LEADERSHIP

1340.ORG

the healthy masculine & the healthy feminine



CHOICE:

How Balanced & Healthy Is Your Authentic Core?

Our life is a balance of masculine and feminine energy that creates a duality in the way we experience life. As we each possess a union of both polarities with opposite and contradictory tendencies, we reflect upon what constitutes the behaviors of a healthy masculine and a healthy feminine in modern times. We navigate and explore what it means to have a healthy balance and how to shift out of conditioned societal mindsets when we become over-rotated with unhealthy masculine and feminine energy within us: soft and strong, achieving and experiencing, giving and receiving, logical and intuitive, controlling and being intellectual and expressive traits, or respect and entitlement. Come journey for a personal reappraisal of choosing the most generative and worthwhile aspects of universal human energy for you at this time on the journey and recognize the ways to support and strengthen healthy behaviors.

One-Day Virtual Workshop

WITH DR. MICHELE MERCER & DR. TRACY COOPER

DATE: TBD

INCLUDES: Workshop, Workbook, Two (2) 45-Minute Conscious Leadership Coaching Sessions

COST: \$695

CENTER FOR CREATIVE & CONSCIOUS LEADERSHIP

the evolution of human energy in a world of automation



CHOICE:

How Will AI Redefine Human Energy?

The rise of a new technological revolution is upon us primed with mystery, fears, and the opportunity to reaffirm our core humanness as empathetic and open versus filled with ego-threat. Artificial intelligence invites us to consider the role human energy will play in embracing AI, while also preserving and extending what it means to be alive and awake at this time. Leading the opposing energies and duality along with trusting our core essence, we reflect on the benevolent influence we each may impart with AI and what it means to be human in modern times. As we feel the historic outpacing of technology, we are presented with conscious choices, akin to holding up a mirror to determine who we are and wish to be. We explore four types of human energy and the deep contemplation of what it means to lead with a humanistic presence that co-exists with AI and how to create a future that is equitable and sustainable for all.

One-Day Virtual Workshop

WITH DR. MICHELE MERCER & DR. TRACY COOPER

DATE: TBD

INCLUDES: Workshop, Workbook, Two (2) 45-Minute Conscious Leadership Coaching Sessions

COST: \$695

CENTER FOR CREATIVE & CONSCIOUS LEADERSHIP

life as a creative ecology



CHOICE:

How Will Your Creative Agency Spark Self-Authorship?

Life is an expression of becoming, of wonder, a grand adventure, and full of awe that is juxtaposed against sorrows and poignant moments of subtle and forlorn places inside each of us. Our creative agency sparks renewal as we navigate and journey, inviting us to break down blocked areas, explore the act of unlearning, define how divergent thinking shows up, and consider how curious inquiry can open us to our imagination. Our life as a creative and unique act, consciously or unconsciously pursued, encounters the mystical and liminal spaces leading us from one place in life to the next. Explore what it means in disrupted times to access deeper levels of creative leadership, the possibilities of self-authorship, and what it means to fearlessly claim our inner creative brain. Unleash the autonomous power within and rebirth a life of creative meaning.

One-Day Virtual Workshop

WITH DR. MICHELE MERCER & DR. TRACY COOPER

DATE: TBD

INCLUDES: Workshop, Workbook, Two (2) 45-Minute Conscious Leadership Coaching Sessions

COST: \$695

CENTER FOR CREATIVE & CONSCIOUS LEADERSHIP

it's an inside job *Series*

OVERVIEW

This educational and social learning series supports the accessibility and awareness of transforming consciousness in the world while promoting diversity of thought, action, and support to lead a life of meaning. Participants have the profound opportunity to consider their imprint, legacy, and deepen their leadership experience as they face down challenges, gain new insight, and awaken into who they are.

CONSCIOUS LEADERSHIP SERIES LEARNING OUTCOMES

- Develop a deeper context for emotional, relational, and social functioning.
- Cultivate a lifelong commitment to a growth orientation for greater self-actualization.
- Identify conscious and unconscious areas of awareness through introspective reflection and social learning.
- Invest in addressing one or two inner first areas to move forward that are getting in your way.
- Manifest a shift in a personal transformational goal, vision, and/or heartfelt purpose area.
- Build a community of connections and a network of leaders focused on conscious leadership.

2024 WORKSHOPS

● A UNIVERSE OF MEANING, PERSONALLY DEFINED

DATE: TBD

Virtual One-Day Workshop With Dr. Michele Mercer & Dr. Tracy Cooper

Includes: Workshop, Workbook, TWO (2) 45-Minute Conscious Leadership Coaching Sessions

COST: \$695

● THE HEALTHY MASCULINE & THE HEALTHY FEMININE

DATE: TBD

Virtual One-Day Workshop With Dr. Michele Mercer & Dr. Tracy Cooper

Includes: Workshop, Workbook, TWO (2) 45-Minute Conscious Leadership Coaching Sessions

COST: \$695

● THE EVOLUTION OF HUMAN ENERGY IN A WORLD OF AUTOMATION

DATE: TBD

Virtual One-Day Workshop With Dr. Michele Mercer & Dr. Tracy Cooper

Includes: Workshop, Workbook, TWO (2) 45-Minute Conscious Leadership Coaching Sessions

COST: \$695

● LIFE AS A CREATIVE ECOLOGY

DATE: TBD

Virtual One-Day Workshop With Dr. Michele Mercer & Dr. Tracy Cooper

Includes: Workshop, Workbook, TWO (2) 45-Minute Conscious Leadership Coaching Sessions

COST: \$695

● BECOMING EMOTIONALLY FIT: ELEVATING RELATIONAL HEALTH

DATE: TBD

Virtual One-Day Workshop With Dr. Michele Mercer & Dr. Tracy Cooper

Includes: Workshop, Workbook, TWO (2) 45-Minute Conscious Leadership Coaching Sessions

Optional Add On: EQi- 2.0 Emotional Intelligence Assessment + 3 Coaching Sessions \$600

COST: \$695

LEADERSHIP SERIES INFORMATION

- Two 45-minute coaching sessions must be completed within one month of the workshop.
- Participants who would like to attend the five-part series will receive a 10% discount.
- Participants who would like to attend three workshops will receive a 5% discount.
- PDF Workbook will be sent in advance of the workshop to the registration email on file.
- Workshops will be held via Zoom.
- Registration is via Event Brite: TBD

1340.ORG



Dr. Tracy Cooper

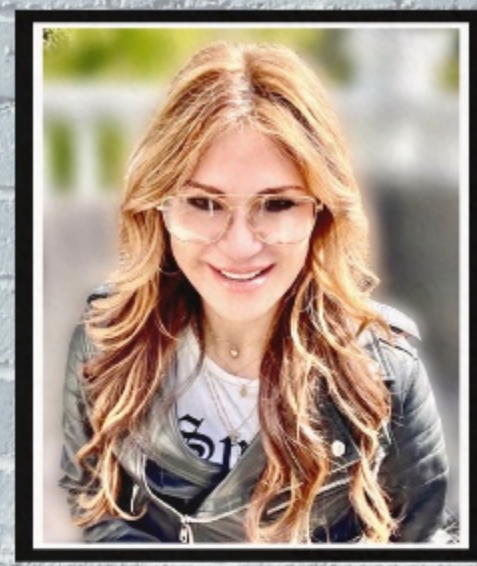
Author | Professor | Mentor | Filmmaker
International Consultant On High Sensitivity (ICHS)
DrTracyCooper.Org
tmcooperphd@gmail.com

Dr. Tracy Cooper is a leading voice for highly sensitive people, highly sensitive men, and high sensation seeking highly sensitive people with a mission to educate, mentor, and facilitate transformations in the lives of those seeking a conscious path to self-actualization and a creative realization of what it means to be human and alive at this moment. Dr. Cooper is the co-producer of the documentary film **Sensitive Men Rising**, the first film for highly sensitive men that seeks to open doorways to understanding and acceptance of this beautiful temperament trait in 30% of the world's population.

An author of three publications, including **Thrive: The Highly Sensitive Person and Career**; **Thrill: The High Sensation Seeking Highly Sensitive Person**; and **Empowering the Sensitive Male Soul**, Dr. Cooper advocates for self-authorship, a conscious and creative leadership forging transformational reVisioning of self where we become creators of culture rather than mere consumers, curators of diverse narratives from across the globe, and mentors for those so desperately in need of guidance, encouragement, and healing. Dr. Cooper has had work published in the Journal **Current Research in the Behavioral Sciences**, **The New York Times**, **Psychology Today**, and numerous podcasts and articles.

Dr. Cooper has a Ph.D. in Transformative Learning and Change, an M.L.S. in Social Science and Leadership Studies, a certificate in Community Development and Advanced Training in the Concept, Measurement & Research on Sensory Processing Sensitivity with Dr. Elaine Aron. As a Professor in the Doctor of Education in Leadership in Higher Education at Baker University Graduate School of Education, he leads and mentors numerous doctoral candidates down the pathway of changing lives through higher education leadership.

Serving on the board of Greenville, SC non-profit Walt's Waltz, Dr. Cooper continues to elevate discussion aimed at demystifying and destigmatizing mental health and wellness, reducing suffering, and, ultimately, reducing suicides, especially in men. As an ambassador for 1340.org, he co-partners with Dr. Michele Mercer to envision a future where conscious and creative leadership intersects with multiple and complex layers of personal and professional navigational ambiguities, with a creative inquiry always at the fore of their innovative efforts to LEAD, HEAL, TRANSFORM, and CONNECT seekers with their own inner voices that intuitively guide them to personally meaningful and impactful experiences.



Dr. Michele Mercer

Founder | Chief Learning Officer 1340
Center For Creative & Conscious Leadership
1340.ORG
michelee1340.org

Dr. Michele Mercer is a global expert on visual intelligence and creative leadership with a mission to educate, lead, and cultivate creative inquiry and conscious awareness in leaders, educators, and entrepreneurs to advance new mindsets and human potential for a path of growth, service, and transformation in the world. Dr. Mercer is the **Founder and Chief Learning Officer of 1340**, the **Center for Creative & Conscious Leadership (CCCL)**, and believes as the world, business, and people are changing, leadership requires awakening the creative brain to effectively cultivate high-impact innovative solutions and inspiring conscious leadership to scale up mental and emotional capacity to navigate paradox and unprecedented change.

The **Women's Leadership Lounge (WLL)**, a 1340 signature program, fosters intimate cohort communities, leadership development, and coaching for female leaders and entrepreneurs to advance mission-based work while lifting one another up. The lounge series is an investment in women's growth through purposeful and meaningful connections in leadership, business, and personal well-being for new female leaders, mid-level, and senior executives.

By leveraging two decades of original and groundbreaking research on visual and creative leadership, she developed the empirically based framework, **The Four Mindsets of Visual Intelligence**, to help foster critical and creative thinking for top-team effectiveness, leadership development, and strategic visual communications. Prior to founding 1340, she served as the former Head of Global Learning and Executive Development at Cerner Oracle as well as executive roles in global talent and organizational development at some of the most iconic brands such as Nike, Starbucks, Microsoft, Schwab, HPE, and DocuSign.

Leading global change and transformation across varying cultures has included mergers, acquisitions, going public, organizational processes and programs that scale, multicultural leader and team development, deploying worldwide talent initiatives, designing workforce evolution strategies, revisioning learning in the flow of work, and accelerating a culture of leadership 4.0. Considered a visionary changemaker advancing mission-based work, Dr. Mercer works with clients at the intersectionality of business, behavioral science, and creative leadership with innovative ways to shift mindsets, help leaders scale up to lead from the inside out, and navigate the future differently through building conscious cultures.

As an author of several publications including **Visual Quotient**, released in 2020, focuses on fostering visual intelligence to drive innovation. Dr. Mercer also penned **The Four Mindsets of A Visual Ecology In The Workplace: Revisioning Language Through Visual Literacy**, and as a chapter contributor for an anthology book, **Drawn Together Through Visual Practice**. Being an active researcher and adjunct professor, she is focused on visual and design thinking acumen to foster innovative cultures, data visualization and visual storytelling, women in leadership, neuroscience of creativity, spiritual psychology and conscious leadership practices, and social learning theories.

Dr. Mercer has a Ph.D. in Organizational and Transformative Studies, an M.S. in Organization Development, M.A. in Spiritual Counseling Psychology, and is an ICF- certified Integral Life Coach. As an executive career coach, she is certified in multiple psychometric assessments, including the Hogan, EQi-2.0 + 360, The Leadership Circle 360, The Leadership Challenge Leader Practices Inventory (LPI) 360, MBTI, DISC, Strengths Finder, and the Team Performance Model. She is also certified as a Wellness Health Coach through the Institute of Integral Nutrition (IIN).

Recognized as an accomplished athlete, Dr. Mercer holds several awards including NCAA All-American and being inducted into the Athletic Hall of Fame at her undergraduate alma mater and has competed in some of the most prestigious global expedition adventure races.

Outside of work and research, she enjoys remote and long-distance hiking, interior design, healthy living as a lifestyle, and international adventure travel, and resides in the San Francisco Bay Area.