

1340

CENTER FOR CREATIVE & CONSCIOUS LEADERSHIP

It's An

inside job

FIVE-PART CONSCIOUS LEADERSHIP SERIES

Workshop One

**a universe
of meaning,
personally
defined.**

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it's an inside job Series

FIVE-PART CONSCIOUS LEADERSHIP SERIES

be your own boom.



OVERVIEW

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 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.

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: TBD

● 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: TBD

● 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: TBD

● 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: TBD

● 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

COST: TBD

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CENTER FOR CREATIVE & CONSCIOUS LEADERSHIP

a universe of meaning, personally defined.

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 with 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 with authoring a universe of meaning, personally defined to you.

ONE-DAY WORKSHOP WITH DR. MICHELE MERCER & DR. TRACY COOPER
DATE: TBD

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WHERE THERE IS STRENGTH

warrior.

CREATIVE & CONSCIOUS LEADERSHIP ARCHETYPE # 1

The **warrior archetype** in modern times as a healthy male and female is the duality of strong life force, life giving, aware, and fierce in the face of adversity, yet also internally soft, diverse and inclusive, an interdependent co-creator, and can rise above ego's wrath with compassion. Warrior energy invites us to reframe stereotypical conditioned norms of outer power that prizes the hero's fight to inner domains of rich depth and unexplored breadth, to lead with the right use of power rooted in soul's orders. The integrated warrior captures our hearts and minds with an expansionist conviction that leads in the name of love and humanity.

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WHAT NEEDS ATTENTION

healer.

CREATIVE & CONSCIOUS LEADERSHIP ARCHETYPE # 2

The **healer archetype** in modern times with tales of inner attunement and wise stewardship is thwarted by societal fractures of stimulation, transactions, and being consumed by technology. To transcend above the noise is an opportunity for communion between different worlds: internal and external, visible and invisible, waking and dreaming, and the subjective and objective. Activating healing energy when we feel separated from self, lost, or in despair is to take down the barriers, restore balance, heal wounds, and honor the inner work to live into our best life. Discovering one's true face and returning to your core essence is through a loving spirit.

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RESHAPING WITH VISION

creator.

CREATIVE & CONSCIOUS LEADERSHIP ARCHETYPE # 3

The **creator archetype** in modern times is to rise above forces stronger than our will or once-valued egocentric needs into a deeper congruence and authentic fulfillment that is waiting to be claimed and expressed. The creator energy is shaping new visions and exploring possibilities beyond an outward existence where materialism seeks to occupy and placate through distraction and where ethos is shifting from ambition to meaning and sensemaking. Shifts in consciousness keep hubris and ego at bay and opens us up to curiosity, wonder, awe, and deep questioning that births transformational and conscious legacies that make the world a better place.

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LEADING WITH IMPACT

changemaker.

CREATIVE & CONSCIOUS LEADERSHIP ARCHETYPE # 4

The **changemaker archetype** in modern times is open to outcome, but not attached to outcome and has the ability to reside in wisdom over control as the pace of change accelerates. Shedding identities and former versions of self allows for transitions, clarity, and inner strength as inner and outer life experiences lead to unfamiliar passages. Comfortable with the quantitative outer world allows space for leading with attunement of the qualitative inner world where soul urges ignite expansive change and converge the unexpected glimpses of the mysterious aspects of who we authentically are. We move beyond duality, polarity, and shine without secured positions.

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CENTER FOR CREATIVE & CONSCIOUS LEADERSHIP

one-day workshop

a universe of meaning, personally defined

WITH

DR. MICHELE MERCER & DR. TRACY COOPER

DATE: TBD

VIRTUAL - ONLINE COMMUNITY COHORT

WORKSHOP LEARNING OUTCOMES:

Workshop Participants Will Gain The Following:

- Explore and reflect on new dimensions of self previously unaddressed or unknown to conscious self.
- Identify, define, and delineate the four archetypes: warrior, healer, creator, and changemaker and consider introspective reflections through trio breakout activities.
- Challenge existing notions and beliefs about self, leadership, and what is possible.
- Synthesize and integrate own lived experiences with balanced and healthy archetypal expressions.
- Create deeper levels of self-authorship that inspire personal authenticity, personal responsibility, and right use of power.
- Develop spirit in action with addressing and moving forward two areas in life: an inner first area getting in your way and an external area that aligns with personal transformational goals, vision, or purpose.

WORKSHOP EXPERIENCE:

This workshop is an educational experience designed to provide a safe and supportive community environment where participants can engage in deep and reflective content rooted in conscious leadership, purpose, and possibility as they walk a path of personal transformation. Participants explore an intersectionality of experiences shared by humanity, apply wisdom into their contemporary life, and discover how ancient traditions and modern approaches can increase human effectiveness and a life of meaning. This workshop engages participants to develop their own "universe of meaning, personally defined" through an online zoom environment utilizing large group discussion and a trio breakout format where the possibility of deeper exploration is revealed through the four archetypes of warrior, healer, creator, and changemaker. With rich discussions of insights and outcomes, participants gain the freedom with their creative instinct to playfully and meaningfully inspire self-authorship, wise stewardship, healing attention, and the right use of power.

The workshop experience is a doorway into an ongoing presence with self, and the experience is followed with two conscious leadership coaching sessions, addressing an inner first opportunity that may be perpetuating separation from self, and an outer opportunity area that is based in manifesting heartfelt dreams aligned to purpose and impact in the world. As we define our universe, the inner world represents the outer world.

Participants will receive workbooks with content and worksheets, engage in optional pre-work reflective activities, and partake in two coaching sessions (one with Dr. Cooper & one with Dr. Mercer).

WORKSHOP PARTICIPANTS:

This experience is suited well for the leader, entrepreneur, educator, or individual that is on a path towards self actualization and claiming their personal best in whatever endeavor they may building, creating, or leading in life. A community of personal transformation brings forth social learning and true magic.

REGISTRATION LINK: FORTHCOMING

COST: TBD

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

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Dr. Tracy Cooper

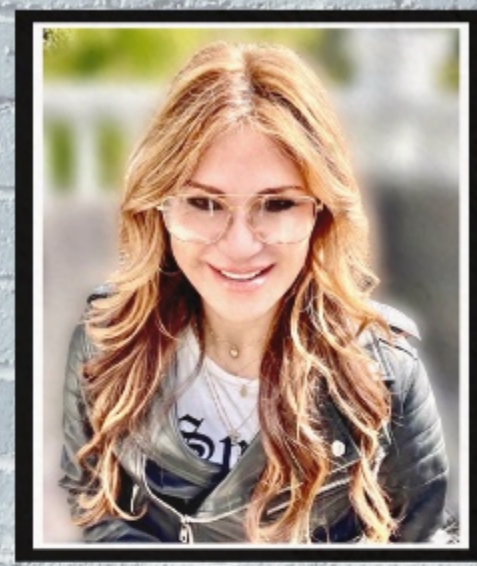
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Dr. Tracy Cooper is a leading voice for highly sensitive people, highly sensitive men, and high sensation seeking highly sensitive people with a mission to educate, mentor, and facilitate transformations in the lives of those seeking a conscious path 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 | Freelance Pitch Deck Expert
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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.

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 a specialist in **storytelling visualization**, Dr. Mercer turns complex data and linear information into powerful design concepts, visual content, and unforgettable pitch presentations that elevates buy-in and winning outcomes.

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. 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.