

Under the umbrella of CMC, LLC's quality products and services, the New Consciousness School has the ability and capacity to train/coach and discuss a wide variety of topics to support your personal and professional growth and development (PPGD). Contact us to discuss customizing a PPGD training for your group or organization. We also provide individual coaching for selected topics.

### **Topics for Coaching/Discussion/Training:**

1. Abundance
2. Accountability
3. Action
4. Active Listening
5. Aging
6. Anger & Resentment
7. Assertiveness
8. Attitude
9. Beliefs
10. Body Language
11. Boredom
12. Boundaries
13. Brain Health
14. Business
15. Change
16. Charm and Charming: Captivate your audience
17. Comfort Zone
18. Communication: Strategies, Clear Communications, Awkward Conversations
19. Conflict Management: Peace and Conflict
20. Conscious Living: Developing your Mind
21. Conscious Pivoting
22. Creativity
23. Different: The Benefits and Importance of
24. Decision Making
25. Emotional Mastery
26. Expressing Yourself
27. Dealing with Failure
28. Fear and Uncertainty
29. Goal Planning: SMART Goals, Thoughts, Behaviors, Beliefs, Habits
30. Handling Criticism

31. Heal Yourself from within
32. Integrity
33. Introspection
34. Introverts
35. Journaling
36. Knowledge and Wisdom
37. Living Your Truth
38. Mental Health
39. Mindfulness: Mind Power
40. Minimalism: Decluttering
41. Motivation
42. Negativity
43. New Beginnings
44. Organization: Minimalism, Decluttering
45. Overcoming
46. Passion
47. Personal Growth
48. Persuasion
49. Positive Self Talk
50. Power
51. Productivity
52. Public Speaking
53. Remote Working
54. Resilience
55. Rituals for productivity and clarity
56. Self-Mastery: Self Reflection, Feelings, Self-Talk, Self-Doubt, Self Help, Self-Improvement
57. Starting Over
58. Strategic Planning
59. Strategic Thinking
60. Success
61. Time Management
62. Visualization
63. Wealth Mindset
64. Women: Work and Life Balance, Starting Over, etc.

Don't see a topic listed that you'd like to discuss? Our capacity is always developing and growing, so contact us and we'll see if we have the resources to include in our offerings!