



# Mindful Culture Creators

→ Humanizing Work to  
Maximize Potential

WORKSHOP CATALOGUE



Mindful Culture Creators™

# STILLNESS @WORK™

## Honor the Pause™

The **Stillness @Work™** learning experience introduces mindfulness as a mental exercise program that enhances **Self Awareness, Focus, Emotional Intelligence, and Decision Making.**

Designed by Keynote Speaker and Mindfulness expert Shawntà Hooks, this **1-Hour** masterclass combines storytelling with practice. Participants can expect to:

- Learn and apply the **Honor the Pause™** framework for self regulation in work and life,
- Experience the **RY Visualization Practice™**, an unforgettable exercise designed to show participants - very clearly - that they CAN change their thoughts,
- Reflect using the complimentary **Honor the Pause™** workbook, an interactive tool for self discovery.



MindfulCultureCreators.com



(678) 300-4691



shawnta@MindfulCulture  
Creators.com



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# THE MINDFUL IMPOSTOR™

**Catch.Convert.Create.™**

The estimated financial loss associated with feeling like an "impostor" at work is \$35K/ year in lost wages and opportunities. **The Mindful Impostor™ Masterclass** confronts the fear-based thought patterns that stifle careers and finances.

Designed by Keynote Speaker and Mindfulness expert Shawntà Hooks, this **1-Hour** masterclass combines storytelling with practice. Participants can expect to:

- Learn and apply the **Catch.Convert.Create™** framework designed to reduce the frequency and duration of negative self talk,
- Experience a live guided mindfulness practice,
- Reflect using the complimentary **Catch.Convert.Create™** workbook, an interactive tool to inspire confidence.



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Creators.com



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# THE MINDFUL MONEY MINDSET™

**Catch.Convert.Create.™**

*What is your 1st memory about money?*

That memory, along with our environment, upbringing, and ancestral experiences shape our money mindset. **For many of us, that mindset is rooted in fear, which leads to investor reluctance, emotional spending, and unhealthy habits around how we communicate about money.**

Rooted in vulnerability, personal stories of transformation, and science based practices, **The Mindful Money Mindset™** workshop gets to the root of the fear-based thought patterns that stifle financial independence and wealth accumulation.

Designed by Keynote Speaker and Mindfulness expert Shawntà Hooks, this **1-Hour** masterclass combines storytelling with practice. Participants can expect to:

- Learn and apply the **Catch.Convert.Create™** framework designed to transform subconscious beliefs about money in misalignment with present day financial goals,
- Experience a live guided mindfulness practice,
- Reflect using the complimentary **Catch.Convert.Create™** workbook, an interactive tool to inspire a Mindful Money Mindset.



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Creators.com



# MINDFUL BELONGING™

## 4C Framework to Activate DE&I

**The Problem:** Activating DE&I is challenging. According to Bain & Co., fewer than 30% of employees feel fully included at work—a finding that holds across industries, geographies, and demographic groups. Moreover, many employees lack the psychological safety and awareness to discuss DE&I openly, and without bias.

**The Solution: Mindfulness.**

Mindfulness isn't just a tool for relaxation and focus. Cultivating mindfulness neurologically improves the **4 C's of the Human Experience: Compassion, Courage, Confidence, and Curiosity.**

Designed for DE&I teams and stakeholders, this **90-Minute Experiential Masterclass** combines storytelling with practice to teach the **4C Framework for Activating DE&I.** Participants can expect to:

- Learn specific use cases, practices, and workplace strategies that cultivate **Compassion, Courage, Confidence, and Curiosity, SO THAT DE&I isn't so misunderstood,**
- Experience a live guided mindfulness practice, rooted in the 4C Framework,
- Reflect using the complimentary 4C Workbook, an interactive tool to inspire activation beyond the classroom.

