



The School for Serenity and Health Wellbeing Learning Series

2024

TRAINING WORKSHOP CATALOG

Healing Through EDUCATION – Our courses support

Managing Stress

Increasing Health

Enhancing Communication

Cultivating Empathy

SFSH offers leading edge consulting services and Mindfulness based health focused workshops to provide support, care and tools for your employees and managers. Using 25 years of experience in health and wellbeing, SFSH is a leader in providing healing for your people.

Our goal is to assist your staff to become conscious and mindful leaders in any position they hold, to propel your organization to greatness by raising their mental emotional and physical health.

Contact us for more information and pricing

E: rodezeki@theschoolforserenity.com

/ P: 1 236 862 3711/

Web: www.theschoolforserenity.com

Looking for incredible relevant and up to date wellbeing content to share with your employees? Ask about our FREE monthly HEALTH newsletter, please email us at rodezeki@theschoolforserenity.com



SFSH Training Philosophy and Mission

At SFSH we provide training and development services with a balanced perspective of Mental Physical and Emotional support for your employees. **By honoring all aspects of your staff, being conscious mindful and authentic, you can see real learning and evolution within their professional and personal lives.** Our training programs are focused on creating a new kind of culture that is dynamic, evolving, safe, and supportive of the development of your people and everyone they encounter.

When designing our training we consider:

- ✓ The holistic aspect of each attendee – Mental Physical and Emotional
- ✓ Our training uses research, experience, science and success principles.
- ✓ Creating clear objectives that meet participant needs, unique goals, and expectations.
- ✓ Providing a safe training environment engaging all learners while using collaborative participant interaction and healthy debate of differing ideas and perspectives.
- ✓ Leveraging and honoring the wealth of learners' varied backgrounds and experiences enabling them to be resources to one another.
- ✓ Topics which are practical, relevant, and immediately applicable.



Workshop and Training Solutions

- 1. Magnificent Mental Health and Balance – Surviving to Thriving – The Keys to healing Anxiety and Burnout and The Power of Mindfulness**
- 2. Super Brain – The Peaceful and Productive Mind**
- 3. Creating a World Class Culture – Moving beyond Anger and Conflict to Collaboration and Compassion with Mindful Communication – Evolve DEI**
- 4. Authentic Power at Work - How to unlock your genius and hidden strengths to find extraordinary success.**
- 5. Heart Based Ethical Sales Strategies – Excellence and Results for WIN WIN**
- 6. SFSH's Longevity Blueprint - Aging with Grace & Vitality-- Learn the Foundational Principles of incredible health, energy, strength and vitality.**
- 7. Dynamic Leadership skills for all employees – Learn the 8 Powerful Keys to Conscious and Effective Heart based Leadership**
- 8. Employee Development – The Success Principles for Work and Life**



To learn more for each course see below or to book time to review please reach out to us at rodezekiel@theschoolforserenity.com or call 236 862 3711

SFSH – Course Details

1. Magnificent Mental Health and Balance – Surviving to Thriving – The Keys to healing Anxiety and Burnout and The Power of Mindfulness

Understanding the impact of stress and how to build a foundation of health and vitality that can protect you in those challenging times. Why we don't need to remove stress, we need to build resilience, vitality and mindset to manage and thrive. Learn the nine attitudinal factors constitute the major pillars of mindfulness practice as we teach at The School for Serenity and Health. They are: nonjudging, gratitude, patience, a beginner's mind, trust, non-striving, acceptance, letting go, gratitude and generosity. These attitudes are to be cultivated consciously when you practice at work and at home.

2. Super Brain – The Peaceful and Productive Mind and Body

We will look at the health and physiology of the Brain and also look at the action of MIND and your consciousness to be healing growing changing agents that assist your journey in your life, for as LONG as you live.

You can be better, stronger smarter, more compassionate and loving your entire life. The Power of Neuroplasticity.

The factors for health, including the food you eat, your approach and strategy for work and learning, and how well you take care of yourself all play a role in your ability to become smarter. The small daily habits that you choose to carry out can make a big difference in your efforts to become smarter.



3. Creating a World Class Culture – Moving beyond Anger and Conflict to Collaboration and Compassion with Mindful Communication – Evolve DEI

Learn the key driver for leaders and for creating a powerful and dynamic positive culture by using and developing Emotional Intelligence and a Mindful approach to communications.

These methods are the evolution of DEI.

The Genius of Emotional Intelligence – Learning the primary drivers of EQ and how to implement them into your approach for improved management capabilities.

Conscious & Mindful Communications – Masterful techniques for Mindful Communications. Learn the dynamics of being a world class communicator by instilling the principles of Mindful Deep Listening and Right Speech. Learn how to use mindfulness to become a brilliant communicator to improve your focus, work and relationships at work and in life.

Develop an understanding of the four primary levels of listening to change how you interact in work and life for better relationships and effectiveness. Learn how and why we communicate and how being aware, conscious and mindful of the opportunity this moment brings for dialogue and healing. Learn the techniques of Mindfulness and tools to enhance our ability to listen and affect others in a positive and dynamic manner. Important learning for anyone that interacts with staff, coworkers and clients. Learn the RAIN method of mindfulness to solve challenges in the workplace.

Healthy Anger - Heart Centric Understanding and Inclusiveness to Manage Conflict –

Learn the 2 primary forms of Anger and how to manage one that is healthy and one that is destructive. Learn the reasons people go into conflict, how to use the intuitive wisdom of your heart and how to learn new strategies to create a win win learning open and curious environment where people take responsibility and help make the changes you need to thrive. Our team will assist you in providing new modern tools to handle any type of conflict at work or at home.



4. Authentic Power at Work - How to unlock your genius and hidden strengths to find extraordinary success in work and in life

This program reviews how an individual is built, what strengths they hold and abilities that can be leveraged using a mindful and conscious approach to work and life. Get to the bottom of your unique values, your internal motivators, and your excellence. Internal Motivation for Management – Using Life Values to understand people. A beautiful program to help individuals understand the seven primary Life Values and how they differ in their importance and hierarchy for each person. By understanding Life Values for yourself and others you will gain masterful insight into motivation and why people make certain decisions

5. Heart Based Ethical Sales Strategies – Excellence and Results Creating WIN WIN for long term relationships

Conscious Selling Strategies – This unique program has been created for client centric organizations that want a different breed of salespeople. We look at how your organization helps others with your products and services and can assist in crafting a message that is open, caring and honest for a win win dynamic sales approach. Excellent for people that are not in sales roles or those that need to sell from their hearts and souls. An incredible course especially for service-based industries and wellness organizations.

6. SFSH's Longevity Blueprint - Aging with Grace & Vitality-- Learn the Foundational Principles of incredible health, energy, strength and vitality.

Living with grace, power and vitality at any age !

The Incredible Power of Breath on Stress and Life

Conscious breathing, when practiced daily, can have tremendous healthful benefits and can help you take charge of your own health. Focusing on mindfulness and rewiring the Brain for greater resiliency and happiness and support in overcoming stress and anxiety. Using advanced



meditation, breathing, and the power of the present moment, we can overcome any level of unhealthy stress and shift into a new awareness and incredible energy.

The Power of Food — The key to long lasting healthy eating and nutrition. Learn how to eat for maximize health. 70% of the foods available today are not built for our bodies to be healthy. Learn how to stay healthy, fit and energetic in today's world.

The Power of Sleep – Learn how much you need, why it affects the body and the pitfalls we need to avoid accelerating the aging process and become healthier. Harvard has updated their two pillars of health (Fitness and Nutrition) to now reflect Sleep as the third pillar. Sleep affects our hormones, circadian rhythm, and brain health.

The Power of Exercise – What is the best kind for me? How much do I really need? What are my options? The secret to a long life is being active in all phases of your life. Learn the foundation you need to stay healthy strong and fit your entire life.

Secrets from the longest living people on earth and how you can be healthy happy and energetic at any age.

7. Dynamic Leadership skills for all employees – Learn the 8 Powerful Keys to Conscious and Effective Heart based Leadership

Dynamic Leadership Skills for all Employees – The Eight (8) Keys to Conscious and Effective Leadership from the Heart - The SFSH Conscious Leadership Mastery Program. This training begins the process of positive change and relational and organization shifts into a Conscious and Mindful Culture. The eight pillars represent the foundational structure that can be utilized for all companies to develop the tenets of operating consciously with the right intention to impact how people lead , work and live.

Recommended audience:

This training program is designed for:



Corporations who want to develop a culture that can be a differentiator and foundation of support and strength for its leaders and staff. 80% of the value of an organization are intrinsic or internal factors and culture is at the heart of this content.

Managers who want to lead with self-awareness, confidence and influence and who would like to inject longevity and sustainability into their work lives, prevent management burnout, and generate performance in a respectful and compassionate manner.

Experienced, new and emerging and managers who want to develop self-awareness, emotional intelligence and authenticity for professional effectiveness and personal well-being

Key benefits:

By the end of this training program participants will be able to:

1. Build stronger personal impact, influence and effectiveness in the workplace
2. Enhance the way you manage relationships, judgment, problem solving and decision making in high pressure situations
3. Enhance leadership effectiveness by remaining focused on values, priorities and results when others get derailed
4. Develop higher self-awareness and manage thoughts and emotions better
5. Create greater personal resilience to thrive under pressure
6. Achieve better balance in your general outlook and overall life
7. Achieve enhanced business outcomes through insight into yourself, others and the wider organisation



8. Employee Development Training

SUCCESS PRINCIPLES - Based on the work of Jack Canfield.

Personal Development Content can be customized for your needs and goals for training for your staff. Here is a short example of some of the powerful Success Principles developed by Jack Canfield that can be presented by Coach Rod Ezekiel to improve your teams.

THE SUCCESS PRINCIPLES

1. **Take 100% Responsibility for your Life**
2. **Keep Your Agreements**
3. **Practice Uncommon Appreciation**
4. **Decide what you want**
5. **Ask Ask Ask**
6. **Heart Talk**
7. **Clean up your Messes**
8. **Release the Brakes**
9. **Drop out of the Aint it Awful Club**
10. **Ask Ask Ask**
11. **Take Action**
12. **Experience the Fear and Take Action Anyway**
13. **Use Feedback to your Advantage**



Rod C Ezekiel is a certified Transformational Coach with Canfield Training Organization.



How to Schedule Training

Contact Our Training Team at SFSH by

Calling 236 862 3711 Local Vancouver

OR Email rodezeki@theschoolforserenity.com

For more information go to www.theschoolforserenity.com

Our Policies

To ensure that your training experience is exceptional, we have the following guidelines in place:

ADVANCE BOOKING TIMES

Please allow a minimum of 2 week's notice for booking of all seminars.
For customized training sessions, a minimum of 4 weeks is required.

CANCELLATION

Unless specified in an existing agreement, any cancellation within 3 business days of the session will be charged at the full session cost.

TRAINING DELIVERY

Our training is offered in a variety of formats, all designed to meet your organizational needs.

In-Person or Virtual Seminars or Workshops – offered at your workplace, organizational conferences or retreats or wherever you need us to be. These sessions vary in length from one hour to three hours and are highly interactive. **Virtual Seminars or Workshops (Webinars)** – These sessions allow your employees from various teams, various locations, or different countries to participate in training at the same time. **Blended Learning** – some of our programs combine in-person workshops or webinars with telephonic group coaching. This approach is designed to create multiple touch points over time for learners as they go in-depth into an area of learning.

CUSTOMIZATION

All our training sessions may be customized to meet individual needs. Additional fees may be incurred on a fee-for-service basis. In addition to the training sessions listed in this catalog, SFSH develops customized training to support specific client goals and initiatives. Our training department has extensive experience in conducting training needs assessment, development of learning objectives, training curricula design and development, and implementation of large-scale organizational learning initiatives. We work in partnership with our clients to ensure that organizational objectives are met.

OUR TRAINERS



Let by the founder of SFSH, Rod C Ezekiel, our facilitators are highly skilled professionals with subject matter expertise in a wide range of topics including health and wellness, workplace productivity, management & business, mental health and more. They bring years of experience as both classroom and virtual trainers and can connect participant knowledge and experience with the training materials.

TRAINING CLASS SIZE

Sessions are interactive and classroom sizes are recommended at no more than 30-50 participants. A larger classroom size alters the learning experience, and a large group premium may apply.

SESSION PAYMENT

Payment is based on minimum of one hour session. All Specialized Training Services and Blended Learning sessions are priced based on an assessment of expectations and specific training needs and as a per group rate.

ADDITIONAL SERVICES AVAILABLE:

HEALTH AND WELLBEING ORGANIZATIONAL CONSULTING –

SFSH is available to work with organizations to review current wellbeing strategy to offer tips and guidelines for best practices for wellbeing outside of group benefits. Ask for details.

ONE ON ONE COACHING FOR KEY EMPLOYEES

If you have a unique challenge with health and wellbeing of one of your staff, front line manager or executive – a customized approach can be developed to bring this person to a more balanced healthy and happier staff to improve their work performance and life overall. Ask for details.



The Founder of The School for Serenity and Health is Rod C Ezekiel



Rod has been involved in health and wellbeing for over 30 + years and has dedicated his life to assisting people and organizations with advanced powerful methods to live healthier, happier, and more peaceful lives. Here is a short biography of Rod's background and accomplishments.

- Mind Body Health Coach and Wellness expert for over 30 years
- Queen's University - Workplace Mental Health Leadership Certificate
- Certified in Mindfulness Based Stress Reduction (MBSR) through MINDFUL LEADER
- Registered Holistic Nutritionist and Health Counsellor (Canadian School of Natural Nutrition)
- Instructor of Preventive Nutrition and Business at the CSNN
- Canadian Institute of Management – Certified in Management – Focus on Mgmt. and Organization Development delivered at the Richard Ivey School of Business - Western University Ontario
- Workshop leader for personal development, Career Counselling, Success, Mindset and Mindfulness.
- Certified as a Success Principles Coach with the Canfield Organization.
- An accomplished writer, published author (Your Souls Quest) [Your Souls Quest At Amazon](#) and business executive with over 2 decades years of experience delivering wellbeing support, coaching and workshops.
- Director of Wellbeing for 3 –Billion dollar corporate wellbeing organizations (TELUS HEALTH, MORNEAU SHEPELL, CERIDIAN LIFEWORKS) where Rod set up and supported corporate wellbeing programs for over 500 organizations in Canada, United States and Globally.



The School for Serenity and Health
rodezekiel@theschoolforserenity.com

236 862 3711

www.theschoolforserenity.com