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LEADERSHIP WOKSHOPS

Courageous Leadership

Becoming a courageous leader is about how you do what you do—it is about living your deeply held values and empowering your team to do the same. Who you are as a leader—the values you embrace, and the beliefs you hold— is automatically transmitted to the group you are responsible for through your words, actions & interactions.

In this workshop, participants will learn:

- How to identify your core values as a path towards courageous leadership
- What current behaviors are out of alignment with your values
- How the skills of courage, curiosity and compassion can transform your leadership style

Art of Listening

"One of the sincerest forms of respect is actually listening to what another has to say." -Bryant H. McGill

Listening skills are vital to success in business and in life. When we make a conscious effort to understand what people are really saying, we can deepen connection and strengthen relationships with co-workers, friends and family.

In this workshop, participants will learn:

- What active listening is and why it is key in all relationships
- Common barriers to active listening and the disconnect that is created from not being present
- How to use the tools of breath work, meditation and mantra to ground the body & mind to be present for skillful communication

Action Cures Fear

Sometimes life can feel pretty overwhelming. We have all been there. Long to-do lists, goals that seem too big to know how to get started. Yet when we choose to be in action, we don't have time to think about the "what if's", make excuses, or second-guess ourselves.

In this workshop, participants will:

- Use the tools of journaling, breath work & meditation to gain strength, courage, and confidence.
- Create their own system for consistently taking action in the face of their fears.

COACHING OFFERINGS

Leadership Development

- 1-1 mentorship for your growth as a leader
- Collaboration with a trusted resource
- Guidance on industry trends, customer experience and company culture
- Team assessment, building and continuing education training
- Discover and map process enhancements & efficiencies
- Growth strategies for attendance, membership and programming (health & fitness studio specific)

Personal Development

- Identify limiting beliefs that hold you back and create compassionate strategies to move you forward
- Increase clarity around your goals and desires
- Banish overwhelm by crafting a clear and achievable plan
- Receive support and encouragement as you get curious and courageous about creating the life you desire

Intensives

- Work closely together for 2-5 days to kick start or breathe new life into a project
- Dedicate the time & space for creativity & mindset shifts
- Receive support on generating new ideas and creating fresh prospective
- Collaborate with a trusted partner who will hold space, ask generous questions & challenge you to do the work that is necessary for growth
- Elevate team through leadership & skillset training

CONTINUING EDUCATION WORKSHOPS

Strength & Surrender Teacher Training

Strength & surrender is a continuously moving yoga + weights class designed to strengthen you physically & mentally. The addition of free weights & body resistance movements creates opportunity to bring more stamina, balance and body awareness to already challenging postures. Each class ends with a restorative practice that allows time to slow down, deeply listen to the body and bring everything back to whole.

This weekend intensive will give you the tools to more deeply understand body mechanics and effective class sequencing. You will leave the training able to craft and confidently teach a class that is safe, effective and memorable for your students.

Requirements/Prerequisites: 200-hour yoga teacher training
Yoga Alliance Continuing Education Approved Course

Mindful Motherhood: Pre & Postnatal Teacher Training

Learn how to guide safe and effective yoga & movement classes for pregnant women and new moms. This comprehensive course will give you the confidence to teach and empower your students at any stage of pregnancy or postpartum.

During the 2-day training you will:

- Understand the physical, mental & emotional changes a woman experiences during the 9 months and beyond
- Learn the precautions and modifications necessary to create a safe, empowering prenatal class suitable for all stages of pregnancy.
- Connect with the tools meditation, breathing techniques, mantra and mudra as grounding & centering tools for motherhood.

The training is designed for yoga teachers, fitness professionals, pregnant mommas, midwives, doulas, and health and childbirth educators. Current 200-hour yoga teacher are eligible for 25 CEC's through Yoga Alliance.

Connection through Contact: The Power of Assists

We all have a desire to be seen, heard and connect. Providing skillful assists can communicate more clearly than words. In addition, purposeful touch builds trust and connection between teacher and student by the energy and intention that is exchanged in the moment.

In this workshop for teachers, we will practice together and then partner off working with each other to practice hands-on approaches in a way that makes your students feel supported and encouraged to go deeper into their practice and their journey to self.

Requirements/Prerequisites: 200-hour yoga teacher training
Yoga Alliance Continuing Education Approved Course

On & Off the Mat: Impactful Language & Themeing

Themeing provides an opportunity to create direction in your class and allows the postures and sequences that you have chosen to have a deeper meaning. It begins to shift the students practice off the mat and into their daily lives.

In this workshop for teachers, we will practice together and then utilize a class theme template to bring more focus and deeper purpose into our classes through intentional language and a collective offering.

Requirements/Prerequisites: 200-hour yoga teacher training
Yoga Alliance Continuing Education Approved Course

Intelligent & Intuitive Sequencing

As teachers, we can empower our students to move beyond the physical experience. Asanas are vehicles to unravel what is hidden beneath the surface. Without physical stress, tension, discomfort, students can work into the deeper layers of the experience.

In this workshop for teachers, we will practice together and then deconstruct the process of creating a class that empowers students to move with the intention of liberating the body, mind and spirit.

Requirements/Prerequisites: 200-hour yoga teacher training
Yoga Alliance Continuing Education Approved Course

Miracles on the Mat: Study your Self, Find your Purpose & Joy

With full lives and constant change surrounding us, it is important to incorporate time for introspection. By studying our tendencies & patterns, we can fully know & embrace our unique talents. Through the wisdom of yoga philosophy, we can seek deeper connection to our true, unchanging self and learn to ride the waves of life with ease & joy.

In this workshop for teachers, we will practice together and take a deep look at the Yamas and Niyamas as a modern-day path of self-reflection and growth. Attendees will study their guide map and discover how to practically apply these concepts into teaching as well as incorporate these principles into everyday living.

Requirements/Prerequisites: 200-hour yoga teacher training
Yoga Alliance Continuing Education Approved Course

TEACHER TRAININGS/MENTORSHIPS

Yoga Wall Teacher Training

During this 2-day course, we will explore the benefits of the rope wall. Vinyasa based and restorative poses will be shared with the support of the wall to offer a more therapeutic experience as well as educate our students on the subtleties of alignment.

Participants will leave the training with the ability to not only safely and effectively sequence a class but confidently teach it.

Requirements/Prerequisites: 200-hour yoga teacher training

Yoga Alliance Continuing Education Approved Course

Yoga Teaching Mentorship

Do you want to make a greater impact with your teaching? This program will provide you the technical and soft skills to lead an intelligent class with more confidence, depth and connection.

Small Group Learning + Individual Coaching

Session 1: Sequencing

Learn simple techniques to create easy to follow & impactful classes.

Session 2: Touch

Create connection & empower your students through physical touch.

Session 3: Seat of the Teacher

Understand how body language, verbal cues and your energy affect your classes. In addition, we will dive into what makes you unique as a teacher and how to tap into that power.

Session 4: Individual Coaching & Program Conclusion

Receive feedback on your teaching and work 1-1 together to receive the personalized support you need to grow.

Requirements/Prerequisites: 200-hour yoga teacher training

Yoga Alliance Continuing Education Approved Course

Teacher Training Intensive

Trainees will explore the history, philosophy, anatomy, energies, ethics and business of yoga. Each participant will complete the training with an expanded understanding of yoga, a higher self-awareness and the tools to confidently and safely lead Vinyasa yoga classes. Whether the goal is to teach public classes or simply enrich the understanding of yoga, this training will deliver a well-rounded experience for all. Upon completion of this 17-day Yoga Teacher Training, participants will have achieved the necessary requirements for 200-hour yoga certification through Yoga Alliance.

Yoga Alliance Continuing Education Approved Course