

The Intentional Insight Seminar

A three day seminar focusing on the development of creative and intuitive leadership through the understanding, development and practice of Intentional Insight.



INSTRUCTORS

JANET DOUCETTE LMHC
CHARLES BRUMLEY PHD
TOM PLUNKETT LICSW

Our personal and professional lives are often influenced by a deficit based model that includes a strong emphasis on problem identification and strategic action planning. Focusing on what is wrong drives motivational energy toward analyzing and fixing problems. *Appreciative Inquiry* based models of change drive motivational energy toward synergy and vision by identifying and focusing on what is right and what infuses a sense of life and sustainability into a given system, both individually and organizationally.

This model thrives in the presence of creative leadership and individuals who demonstrate the capacity of effective *Intentional Insight*. This new approach combines the science of biofeedback, coherent heart rhythms, stress resilience and mindfulness practices with the elements of emotional intelligence and compassionate self awareness. Recent mind body research has led to new discoveries about the intricate interactions between our emotions and our physiology that give rise to the development of creativity and intuition.

This seminar presents new knowledge from the fields of psychophysiology, positive psychology, meditation, and organizational change in a synergistic format. Through the use of didactic lectures, experiential learning, personal biofeedback and Appreciative Inquiry using individual and group process, participants will learn key practices that lead to the development of *Intentional Insight*, creative and intuitive leadership, authentic inner happiness and passionate optimism.

ROI: effective stress reduction, intuitive decision making, expanded creativity, rational insight

BENEFITS: Participants will learn:

- **How stress resilience and key coherence practices quiet the mind** and give greater access to intuitive problem solving, augmented by the use of both individual and group Appreciative Inquiry process
- **Their minds and bodies are “hard wired’ for peace and tranquility** and how to implement specific techniques for tapping into innate wisdom and authentic positive focus
- **To identify and utilize body awareness strategies that facilitate intuitive insight**, creative decision making and visionary action planning
- **Personal biofeedback and techniques for achieving coherent heart rhythms** to increase intuitive knowledge and self awareness
- **Mindfulness practices for inner leadership**, compassionate understanding and the ability to identify, develop and use emotional intelligence traits for personal and professional growth

Participants will receive:

- emWave Biofeedback Software either MAC or PC (\$300 value)
- Seminar Training Handbook and Practice Audio CD
- HOSHIN Visionary Action Plan
- **PARTICIPANTS:** This program is open to anyone who wishes to broaden their awareness of human potential and develop key practices that will increase success, happiness and creative vision in their personal or professional life.

SEMINAR AGENDA

A vivid imagination compels the whole body to obey it

Aristotle

DAY ONE

INTRODUCTION TO INTENTIONAL INSIGHT 1 hour

This PowerPoint based training session focuses on ways to develop the mind's potential, how stress interferes with this natural growth process and key techniques to expand one's optimal emotional and relational intelligence. New evidence for the psycho-physiological basis for creativity and intuition is presented along with biofeedback and meditation based personal development. This lecture includes an overview and the competitive advantage of the Intentional Insight approach.

Lecture is followed by introduction to the Appreciative Inquiry group process and discussion on the information presented. 1 hour

COHERENCE: DOORWAY TO INTUITION 1 hour

This training session focuses on the nature of intuition development through the mastery of stress resilience and the influence of cardiac coherence. Participants will learn how stress impacts one's physical wellbeing, life satisfaction and ultimately results in the sacrifice of one's leadership potential. Lecture conveys the means by which body awareness and the use of coherent heart techniques result in the ability to bypass the interference of the intellect and allow access to intuitive insight, creative and visionary planning. The session includes a body awareness exercise that expands participants' experiential practice of coherence.

Lecture is followed by Appreciative Inquiry group process and discussion on the information presented. 1 hour

COHERENT BREATHING DEMONSTRATION 45 minutes

This training session focuses on the effects of over-breathing and how mindful breathing techniques enable a physiological shift away from tension, anxiety and frustration. This technique is developed with the use of the emWave biofeedback system and improves problem solving, decision making, professional and personal relationships. Includes the Trainers' Resonant Breath graphs and a live demonstration of the technique itself.

Lecture is followed by Appreciative Inquiry group process and discussion on the information presented. 1 hour

SEMINAR AGENDA

I want to unfold. I don't want to be folded anywhere, because where I am folded, there I am untrue.

Rainer Maria Rilke

DAY TWO

COHERENCE BIOFEEDBACK TRAINING 2 hours

This training session involves the use of complementary biofeedback equipment in small breakout learning groups, hosted by Seminar Instructors. Biofeedback units are installed onto personal laptops and participants are instructed in the use of heart rate variability biofeedback and diaphragmatic breathing techniques that induce coherent heart rhythms. Each participant will have the opportunity to identify and develop their personal "resonant breathing," capacity; thereby effectively opening their "doorway to intuition."

Each participant will be able to effectively use the emWave heart rate variability biofeedback training system for stress resilience and development of the Quantum Mind.

MEDITATION: LEADERSHIP FOR THE INNER SELF 1 hour

This training session focuses on the use of mindfulness practices to develop awareness, insight and connectivity to a higher state of consciousness. Participants will learn how thoughts influence one's reality and how to quiet the mind so higher order brain wave connectivity can influence one's capacity for intuition and intentional insight. Lecture will address the ability to bring awareness to patterns of change, willingness to be present and develop innate compassionate understanding.

Lecture is followed by twenty minute mindfulness meditation practice and discussion on the information presented. 1 hour

EMOTIONAL INTELLIGENCE: TEMPLATE FOR UNCOMMON SUCCESS 1 hour

This training session focuses on the qualities of emotional intelligence and how development and mastery of these qualities shape one's ability to access creativity and intuition. Participants will learn how self awareness and empathy for others are tied to emotional life satisfaction, achievement, optimism and happiness. Using the Quantum Mind elements participants can begin to chart their own template for success, both personally and professionally.

Lecture is followed by Appreciative Inquiry group process and discussion on the information presented. 1 hour

SEMINAR AGENDA

*Whatever you can do or dream
you can begin it. Boldness has
genius, power and magic in it.*

Johann Wolfgang von Goethe

DAY THREE

INTENTIONAL INSIGHT GROUP PROCESS 2 hours

This session involves returning to the original breakout groups for small group training using the HOSHIN Visionary Action Plan process in which participants will utilize elements of Appreciative Inquiry, body awareness and coherence techniques in order to develop the elements of a Quantum Mind. Participants will learn an effective creative decision making technique that utilizes Intentional Insight.

SEMINAR WRAP – UP 2 hours

This wrap up session involves coming back together as a whole, presenting individual and group Quantum Mind action plans. The format will be large group Appreciative Inquiry, demonstrating the elements of Intentional Insight, intuition and creativity.

This final session is facilitated by the Group Process Lead Instructor who will bring the seminar to a close.

PRESENTATION & TRAINING FORMATS

PowerPoint Presentation

Didactic Lecture

Experiential Learning

Hands-on Training with biofeedback equipment

Appreciative Inquiry Group Process

Hoshin Decision Process

Seminar Fee

\$1,200

SEMINAR EQUIPMENT REQUIREMENTS:

Digital Slide Projector

Audio System for music

Instructor

JANET DOUCETTE M.A. L.M.H.C. is a licensed, clinical psychotherapist, biofeedback specialist and life management consultant who works in the Behavioral Health department of the world renowned health resort CANYON RANCH in Lenox Massachusetts where she provides consultations for corporate executives, managers, and business professionals from around the world.



Janet is also the founder of Mindful Technology, a web based company that provides education, information, techniques and training to people seeking stress reduction, personal development, inner peace and tranquility.

Janet holds a Master's Degree in Clinical Counseling with a specialization in Mind Body Medicine and Positive Psychology. She is a member of HeartMath Institute, the Biofeedback Society of New England, and the Association for Spirit at Work. She is also a founding member of Spirit in Business, an international organization that focuses on business as an agent of world benefit.

Janet provides dynamic lectures and training for corporations, private businesses and universities. Her corporate training seminars utilize the Appreciative Inquiry change model within a strongly balanced didactic and experiential focused presentation.

With over twenty years of experience in corporate and small business management and fifteen years of clinical practice in the field of psychotherapy and biofeedback, Janet is a thought leader who is uniquely qualified to help her clients, both corporate and individual, develop strategic action plans for change.

FOCUS:

- Intentional Insight Leadership Training
- Biofeedback for Personal Development
- Training the Trainer
- Appreciative Inquiry Approach
- Spiritual Tools for Stress Resilience
- Emotional Intelligence Testing & Personal Development
- Strength Finder Analysis & HOSHIN Career Development
- Mindfulness and Tranquility Meditation Practice
- Meditation and Intentional Insight Retreats

JANET DOUCETTE MA LMHC

PSYCHOTHERAPIST
BIOFEEDBACK SPECIALIST

WEB BASED TRAINING DEVELOPER

MEDITATION INSTRUCTOR

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Instructor

CHARLES BRUMLEY PHD is a nationally certified school psychologist and licensed clinical counselor who received his doctorate in health psychology. He is the founder and director of The Harbor Center for Counseling and Human Development in Woodbury Connecticut where he focuses on behavioral medicine for stress management, biofeedback and permanent weight loss education.



Charlie provides individual and group based training in biofeedback, stress reduction, education and vocational assessment. He is associated with CANYON RANCH in Lenox, Massachusetts where he speaks on the subjects of body awareness, habit management and weight control as well as providing clinical consultations for stress reduction and assessments.

Charlie is an adjunct professor at the University of Bridgeport, Graduate School of Education, where he teaches courses in Educational and Developmental Psychology and at Naugatuck Valley Community Technical College where he teaches undergraduate courses in General, Abnormal and Developmental Psychology.

In addition to conducting transformative seminars on the subjects of health and well-being, making effective lifestyle changes, stress management, personal development, and the effects of yoga on the endocrine system, he is the author of the book: ; [Life Transformation for Permanent Weight Loss and Health, the Anti-Diet](#), Published by Xlibris Press 2005, ISBN 1-4134-9907-4

Charlie combines his more than 30 years of experience as a yoga, meditation and personal training instructor with health psychology and behavioral medicine to create unique programs of learning for individuals and groups.

FOCUS:

- Stress Management
- Health Assessments
- Yoga & Meditation Practice
- Peripheral Biofeedback Training
- Neurofeedback Assessment and Training
- Hypnotherapy
- Retreat Based Leadership and Growth Potential Training
- Intentional Insight Trainer

CHARLES BRUMLEY PHD

HEALTH PSYCHOLOGIST
BIOFEEDBACK SPECIALIST

PERSONAL TRAINER

YOGA AND MEDITATION INSTRUCTOR

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Instructor

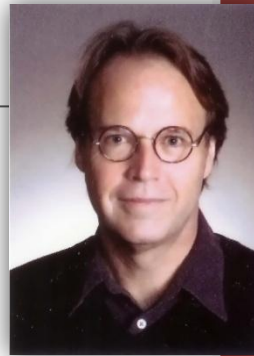
TOM PLUNKETT M.S.W. L.I.C.S.W. has been in clinical practice for over thirty years. During that time he has provided psychotherapy and related health services within a variety of settings, hospitals, mental health facilities, and private practice. Tom is a lead staff therapist at Enterprise New Life, an exclusive retreat center for executives recovering from alcoholism and making lifestyle changes, where he provides individual counseling and group therapy. He was also a behavioral therapist for CANYON RANCH in Lenox Massachusetts where he provided consultations for executives and business leaders, led meditation workshops and lecture based education for several years.

Tom incorporates a number of treatment modalities into a tailored approach that helps his clients discover their innate potential to experience a life that is more creative, vital and satisfying. His approach to both individual and group learning is a fearless, yet compassionate path to truth. Utilizing the framework of mind-body-spirit, Tom mentors others in cultivating their own authenticity while embraced in a sense of wholeness.

Committed to group process and mindfulness based perspectives, Tom brings a wealth of knowledge to the process of change.

FOCUS:

- Stress Management
- Emotional Intelligence Testing & Development
- Mindfulness Meditation Practice
- Peripheral Biofeedback Training
- Neurofeedback Assessment & Training
- Hypnotherapy
- Retreat Based Leadership and Growth Potential Training
- Intentional Insight Trainer



TOM PLUNKETT MSW LICSW

BEHAVIORAL THERAPIST
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