

Training Title: Mindsets and Habits

Organization: Six and a Half Consulting

Description:	<p>We are always in a perspective. And just because we're in one doesn't mean that is the truth. It is A truth.</p> <p>This workshop will train participants in noticing how their own mindsets shape their worlds, and how some mindsets are more powerful than others. Like anything, having the ability to notice and shift one's mindsets requires repetition and skill, which is why the second part of this training is dedicated to forming powerful and lasting habits.</p> <p>With the right mindsets and habits to reinforce them, anything is possible!</p>
Defined Instructional Objectives:	At the end of the course, participants will understand the importance of perspective, and which ones are sometimes more impactful than others.
Measurable Learning Outcomes:	<ol style="list-style-type: none">1. You are always in a mindset2. It is A truth, not the truth3. You can choose your mindset4. Transformative mindsets5. How to create habits
Course Components:	<ol style="list-style-type: none">1. Teaching2. Coaching Demonstrations3. Group work4. Pairs5. Trios6. Learning Debriefs
Assessments Methods:	Verbal understanding of concepts and written reflection (worksheets), completion of self assessments; direct observation of application of acquired skill sets.
Delivery Methods:	In person one to one and group training sessions, goal setting worksheets, exercises, active/empathic listening templates, progress tracking
Format:	This training is offered in person one to one, group, or by Skype/Facetime and can be adapted to partnerships and teams.
Duration/Schedule:	The training is based upon 12 hours (1.5 days) of individual and group sessions over a period of 4 to 6 weeks.
Attendees:	1 to 15
Completion Requirements:	Participants are required to complete 12 hours of training plus and additional estimated 6 hours of project homework.
Course Fees:	This day and a half (1.5 days) training for up to 10 attendees costs \$12750 plus GST. Included in these fees are 10 hours of individual training to be used at clients discretion with attendees.

Training Facilitator
Credentials:

Casey Miller has more than 15 years experience in leadership roles and leadership training across the public, private and non-profit sectors. Over the span of his career, Casey has served as a facilitator and trainer in domestic and international enterprises, helping organizations reach their potential through research-based organizational psychology. As a the President of Six and a Half Consultant, Casey works as a business coach, trainer, and facilitator, designing and instructing leadership and management trainings to many Vancouver-based businesses and organizations, including Culinary Capers, Half Moon Yoga, Xeva Mortgage and Northwest Atlantic, Delta-Q, Kerrisdale Lumber, Allan Financial, Innovior Construction and many more. Casey is also a frequent speaker at PMIBC, HTFPBC, and HRMABC, TEC and the MacKay CEO Forums. Casey is also an external consultant with the YMCA Youth Employment Program facilitating business coaching and skill development for young entrepreneurs.

Casey holds a masters degree in Public Administration and another in Theological Studies from Harvard University.