

DISCOVER

# Professional & Organizational Arts Catalogue

Trainings, Retreats & Keynotes for  
Conscious Teams, Leaders &  
Organizations

with Jennifer Norton  
Life Artist ★ Spiritual Practitioner ★ Facilitator

*Communication, Mindfulness & Visioning for Workplaces*

# Welcome, Conscious Leaders & Teams



This Professional & Organizational Arts catalogue gathers offerings that bring mindfulness, creative awareness, and emotional intelligence into the workplace.

These experiences support organizations dedicated to cultivating healthy communication, sustainable well-being, and values-based leadership, honoring and in service of each individual.

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## ***Who This Catalogue Serves***

- Corporate Wellness Programs
- Nonprofit Teams & Community Organizations
- Health & Wellness Professionals
- Caregivers & Helping Professions
- Leadership & Coaching Communities
- Universities & Adult Education Programs
- Teen Education Programs
- Youth Groups & Student Communities
- HR / People & Culture Teams
- Hospitals, Clinics & Integrative Health Systems

# How to Use This Catalogue

- **Browse by focus area**

Offerings are grouped into three pathways:

- A. Communication & Presentation Skills
- B. Mindfulness, Resilience & Wellbeing
- C. Vision, Leadership & Organizational Soul



- **Choose a format:** Most can be offered as a 60–90 minute training, half or full-day workshop, or a multi-session series.

- **Design a program:** Combine several offerings to create a retreat, leadership intensive, or ongoing staff development track.

- **Collaborate:** Share your culture, goals, and intentions; we will tailor the content to your people and context.

## About Jennifer

Jennifer Norton is an author, Spiritual Practitioner, and facilitator who helps individuals and organizations bring more presence, compassion, creativity, and clarity into how they work and relate. With a background in Fine Arts (BFA in Drama), spiritual counseling, and teaching, she blends communication skills, mindfulness, and visioning to create trainings that are both practical and deeply human. Her work supports leaders and teams in embodying their values, not just talking about them. Jen's book, *Embracing Brilliance: Contemplations on Liberating Our True Nature*, inspires many of the offerings in this catalogue.

# Pathway A · Communication & Presentation Skills

These offerings support professionals who speak, present, lead, or teach; helping them communicate with clarity, confidence, and heart.

## ***Public Speaking***

Practical and soulful tools to organize content, calm nerves, and deliver talks that feel authentic and impactful; be it on stage or in meetings.

## ***On-Stage / On-Camera Performance***

For those who present, host, or perform: refine presence, voice, and body language so your message lands with ease and credibility.

## ***Camera Presence for Non-Actors***

Designed for leaders, teachers, and facilitators who appear on video; learn to feel natural, relaxed, and engaging on camera.

## ***Communication 101 – Extraordinary Storytelling***

Help guides, educators, and professionals transform information into story—so audiences remember, care, and act on what they hear.

## ***Storytelling 101 – Nurturing a True Story from Seed to Blossom***

Support staff, leaders, and spokespersons in shaping personal stories that build trust and connection with clients and communities.

## ***Conscious Communication***

A foundation for speaking and listening from awareness: navigating difficult conversations, feedback, and conflict with more skill and compassion.

## ***Script Analysis for Public Speakers & Performers***

For pastors, educators, and presenters: learn to break down scripts, sermons, or talks so delivery is grounded, clear, and emotionally authentic.

## ***Speech Writing***

Guidance for crafting keynotes, talks, or presentations that weave story, principle, and practical takeaways in a compelling arc.



## Pathway B · Mindfulness, Resilience & Wellbeing

These offerings bring mindful awareness, nervous system literacy, and emotional regulation into professional life, reducing burnout and supporting sustainable service.

### ***Mindfulness***

Core practices for presence, focus, and emotional regulation that staff can integrate into daily work and life.

### ***Mindful Leadership / Workplace Mindfulness***

For leaders and teams who want to cultivate attentive, values-led, and emotionally intelligent cultures.

### ***Self-Tuning***

A practical toolkit for noticing your current “frequency” and gently recalibrating toward grounded, resourced presence.

### ***Breath of Life***

Breath-based practices to reset the nervous system, reduce stress, and return to clarity throughout the workday.

### ***Sweet Dreams, Insomnia***

Evening-oriented tools for those experiencing work-related sleep disruption; supports rest, recovery, physical and mental health.

### ***Loving Kindness***

Compassion practices that nurture kindness toward self, colleagues, clients, and the wider world.

### ***Compassion Expansion***

Explore the difference between empathy and compassion, building capacity to care deeply without burning out.

### ***Integral Empath***

For highly sensitive professionals in helping roles: learn energetic boundaries, self-care, and healthy ways to serve.

### ***EFT (Emotional Freedom Technique)***

Tapping as a go-to, self-applied tool for high-stress and demanding workflows; adaptable for break rooms and staff wellness sessions.



# Pathway C · Vision, Leadership & Organizational Soul

These offerings assist leaders and teams reconnect with purpose, values, their “why,” aligning daily work with a deeper sense of calling.

## ***Life Visioning Process™***

Adapted for organizations, teams, or leadership groups; a guided process for listening to what Spirit, purpose, or the “Future You” is calling your organization to become.

## ***Infinite Possibilities: Corporate Continuum™***

A corporate-focused exploration of beliefs, mindset, and possibility-bridging inner narrative with outer performance and culture.

## ***Self-Tuning***

Orchestrated specifically for leaders as “energetic hygiene”, allowing you to show up as the guiding force of the culture you serve.

## ***Creative Genius***

Experiential program for teams that want to unlock problem-solving, innovation, and creative thinking as a shared spiritual asset.

## ***Spiritual Homecoming***

Adapted as a retreat for staff or leadership who are exhausted, disillusioned, or in transition; supporting renewal and re-alignment with purpose.

## ***The Power of Forgiveness***

For organizations healing from conflict, change, or harm; opens a process of release, accountability, and new beginnings.

## ***The Gift of Gratitude***

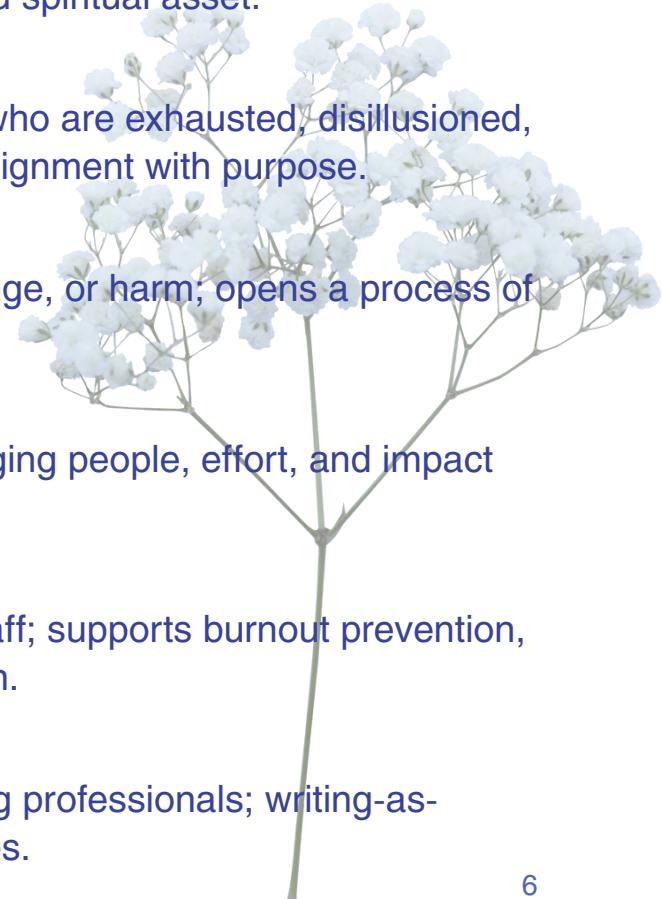
Gratitude as a cultural practice—acknowledging people, effort, and impact in ways that feel real, not performative.

## ***Journal Writing Series***

Ongoing reflective writing for leaders and staff; supports burnout prevention, insight, and personal-professional integration.

## ***Expressive Writing***

For frontline workers, caregivers, and helping professionals; writing-as-release for grief, stress, and unspoken stories.



# Youth/Elder Education & Community Extensions

These offerings adapt beautifully for students of all ages, youth programs, senior centers, and community education, supporting emotional literacy and conscious communication in earlier and latter stages of life.

## ***Mindfulness for Teens***

Age-appropriate practices for navigating stress, identity, and emotion.

## ***Storytelling 101***

Helping young people find and share their own stories.

## ***Creative Journaling***

Accessible journaling for self-discovery, confidence, and emotional processing.

## ***Conscious Communication***

Foundations for listening, speaking, and resolving conflict with less harm and more care.

## ***Embracing Brilliance Series***

Embracing Brilliance™, Entering Meditation, Neurographic Drawing, Infinite Possibilities for the Well Traveled Soul™, The Power of Forgiveness

Or a combination we create according to your community's interests.

Please refer to the "Creative & Expressive Arts" Catalogue for additional offerings.



# How to Bring These Offerings to Your Organization

## ***Formats***

Most offerings are available as:

- 60–90 minute sessions
- Half or full-day workshops
- Multi-session series or retreats

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## ***Delivery***

Sessions can be virtual (Zoom) or in person, depending on location, schedule, and group size.

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## ***Customization***

We can adapt formats, language, modalities, examples, and depth to fit your sector—corporate, healthcare, education, nonprofit, or spiritual organizations.

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## ***Inquiries & Booking***

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**Let's design a program that supports your people in feeling more present, more connected, and more aligned with the heart of "why" they contribute.**

*May every gathering we create together be a portal into deeper Love, greater Freedom, and the remembrance of our shared Brilliance.*

