

Conscious Influence - A Community Leadership

workshop with Wagner Alegretti 10-AM1PM, Oct 27, 2018

Each of us has the ability to influence others, with the ability to provide various levels of leadership in our communities. The type of leadership that is rooted in a deeper awareness and that ethically brings out the best in people can be called Conscious Leadership. Well-being is what most people desire: health and happiness. However, science shows humans are, generally, not so great at finding happiness. It also reveals that strong relationships and a sense of purpose are among the strongest correlates of happiness and longevity. We can help those around us by promoting well-being through authentic relationships and facilitating healthy habits, a sense of purpose, sufficient autonomy and opportunities for development or mastery. We think that the world sorely lacks more leaders - in communities, in businesses, in the civic arena. We can all be mentors, coaches, friends and relatives who promote well-being help others do more of what makes them awe-some.

With Conscious Leadership, we explore the consciousness-level origins of authentic, ethical, empathic influence and the practical application of energy and rapport to promote family, community and organizational well-being and development. I-ACT's Organizational Well-Being model is rooted in the vital, intuitive, mindful, creative realm of consciousness and built around four core areas of focus: leadership, creativity, relationships and intention. Wagner Alegretti will leverage decades of research and mastery of spontaneous and intentional transformative experience to enable a more conscious leadership, creativity, leadership and intention. Together, we can shape leaders of tomorrow and further qualify today's leaders to enable more individuals to reach their potential and enrich and better the world in their unique way.

Wagner Alegretti is an electronic engineer who worked with electricity generation, medical equipment and software development prior to dedicating to teach and research consciousness and its phenomena. His website is <http://www.conscioustech.com/wagner>

Energy Mindfulness for Emotional Resilience

workshop with Nanci Trivellato, MSc. 2:30PM-5:30PM, Oct 27, 2018

People often refer to the “vibe” or “energy” of an environment, idea, or person. In spite of the prevalence of this notion, in practical terms, many times we do not know exactly how this "energy" or "information" affects us. A lack of awareness of this subtle dimension of life or an inability to deal with its impact can add to our already stressful lives. The tension of individuals compounds to affect the overall environment of homes, communities and work places, creating a vicious cycle of negative influence.

In this workshop, consciousness researcher and author Nanci Trivellato, MSc will share precious tips from her three decades of teaching and personal practice. You will learn new ways of recognizing detrimental external influences and reinforcing your "energy field." You will learn techniques to block some of these influences. The concepts and techniques shared will help you become more vitalized and aware, while feeling calmer and more balanced.

We will have a discussion of personal traits and relationship dynamics that we may encounter at and outside of work. Role play of situations will help demonstrate how they may relate to one's level of emotional, mental, and energy dimensions of resilience.

Once we grasp this notion, the energy or information forces present in each environment and relationship will become clearer. Participants will be able to improve their level of energy defense and vitality. Homes, communities and workplaces can become friendlier, healthier, and more attractive resulting in greater productivity, creativity, well-being, and development.

Nanci Trivellato, MSc. in Research Methods in Psychology, is a charter member of the International Academy of Consciousness and the Institute of Applied Consciousness Technologies and is author of the book *Vibrational State and Energy Resonance*. Her website is <https://www.consciustech.com/nanci>