



The iFive Experience

Empowering Teams in Self-Care

Week 1 : Introductions

- Self expression through drawing
- Introduce soft belly breathing

Homework: **Greatest challenges/stresses at work and home**

Week 2 : Meditation

- Experience 3 types of meditation:
Focused, Mindful, Active
- Physiology/anatomy of breathing
- Breathing techniques

Homework: **Driving mindfully**

Week 3 : Nutrition & Metabolism

- Reading labels; hidden saboteurs
- Work travel & eating on the run

Homework: **Take stock of cupboards, fridge**

Week 4 : Nutrition & Metabolism

Weeklong Cleanse

(Enjoy healthy vegetarian meals from a Bay Area personal chef)

- Relationship to food discussion
- Mindful eating exercise
- Link from food to symptoms:
self diagnosing food sensitivities

Homework: **Mindful eating exercise and journaling**



Week 5 : Communication

- Introduce accountability and “I” language
- Introduce **i-five** communication tool model, take live participant example
- Check-in patterns in communication style at work

Homework: Notice physical symptoms and how they relate to stress

Week 6 : Communication

- Importance of clear, direct & accountable communication
- Addressing Gossip, take live participant example

Homework: Practice i-five communication tool on a current work challenge

Week 7 : Self-Care/Stress Management

- Experience guided imagery
- Genogram discussion
- How self-care & nutrition/sleep/exercise affects us at work

Homework: Changes you have experienced and next steps to keep them alive

Week 8 : Self-Care/Stress Management

- Biofeedback exercise to self-regulate body temp
- Final drawings
- Acknowledgement / Feedback circle

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connect the dots