



Calmtrepreneur Program

Recognizing that mental states are both “contagious” and self-reinforcing, the Calmtrepreneur program proceeds from the premise that **a state of calm and balance can be cultivated with the same rigor and effectiveness that is brought to business or educational outcomes.** The program focuses on wellness, mindfulness and listening, and offers both “triage” approaches as well as long-term strategies for maintaining a state of calm in the face of changing external conditions.

“YOU HAVE POWER OVER YOUR MIND - NOT OUTSIDE EVENTS.
REALIZE THIS, AND YOU WILL FIND STRENGTH.”

- MARCUS AURELIUS

Valuable if...

- Working in a high-pressure environment is impacting your effectiveness
- Chronic stress is affecting your health/ sleep / relationships
- You are easily distracted or unable to focus
- Negative or disempowering thoughts regularly show up in stressful situations
- Anxiety/panic are impeding your ability to thrive

About the program...

- Each program is run by facilitators and coach practitioners who are deep subject matter experts in various fields of practice
- Sessions include: mindfulness & grounding techniques, eating for calm, deep listening/reframing, intro to the Enneagram, and other tools for developing focus and presence
- Public programs contain 6 sessions, each lasting 4-6 (Note that for private cohorts, the schedule is customized to meet the needs of the organization)
- classes are challenging but supportive - we will confront what needs confronting, but in a space that is free of judgement and fear

What we promise...

- You will learn practical ways to navigate stressful situations and environments
- You will be challenged and supported in a space that is free of judgement and fear
- You will feel more grounded and connected to a stable foundation for your day-to-day experience
- You will leave feeling more in control of your life and have the ability to choose your mindset in every circumstance
- **You will be heard.** Calmtrepreneur - and each program we offer - is about you. Our team is committed to your growth and development and to providing a supportive community that extends beyond your time in the program.

Contact us at develop@uofnext.com for more details

DISCLAIMER: NO information that you receive in the program should be used to diagnose, treat, prevent or cure any disease or condition. If you have any medical questions or concerns or are considering lifestyle changes that may affect your health, this must be discussed with your qualified healthcare professional.