



Find Your Inner Compass

Course and Workshop List



Strengthen that which you know, change that which is outdated, and create a culture where shifting perspectives keeps you, your leadership style, and your organization headed in the right direction.

Compass Solutions

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No matter the workshop category or explicit topic, my workshops, courses and retreats are specially design to challenge you, to look within, to value where your life and career has taken you, and to assess who it is that you are wanting to become - as a leader, as a colleague, as a person. The result is defining your style and learning how to harness the power of it. You will advance your career, stimulate growth, influence others, and ultimately improve your understanding of what it means to lead.

Workshops are designed to fit your needs and may be presented as mini workshop, half-day, or full-day interactive group engagements and all qualify for Project Management Institute PDUs.

Looking to add a condensed presentation at your next conference, offsite, or retreat? We can accommodate your unique needs. Please inquire for a free consultation.

Leadership on the Move Workshop or Retreat

Method: Private Instruction or Group Workshop or Retreat format
Duration: 2-day on location format
Size: Minimum of 5 (private instruction excluded), maximum of 15
Cost: \$800 per person or \$1600 for private format

Courses

Method: Group Classes
Duration: 1/2 day, full day, or multi-day options
Size: Minimum of 8, maximum Unlimited
Cost: \$175 for half day, \$350 for full day, \$600 for 2-day per person

Workshops

Method: Continuous Engagement
Duration: 1-1/2 and 3-hr options
Size: Private instruction OR Minimum of 8, maximum Unlimited
Cost: \$75 for 1-1/2 hour, \$150 for 3-hour per person, also continuous engagement options are available, inquire about pricing

Leadership Courses

L-1: Leadership on the Move (executive)

Dynamic, engaging and unique instruction developed exclusively for executive leaders; Leadership on the Move incorporates guided instruction in a non-traditional setting to enhance the discovery process necessary for introducing a fresh perspective of the leadership mindset. The curriculum will reinvigorate your potential and activate your skills while challenging you to look within to ultimately change and grow your leadership effectiveness. May be contracted for private instruction, group workshop, or group retreat formats.

L-2: XGens and You: A Winning Mindset (mid-level)

Give your self an opportunity to explore and appreciate the mindset of your junior staff. Learn how to instill energy, focus, optimism, and professionalism to enhance individual and team performance.

L-3: Cultivate Your Leadership Skills (all levels)

Textbook leadership qualities disregard one thing – your personality, your likes and dislikes, your preferences, how you are wanting to apply your skills and where. When your personality aligns with your leadership arena your personal style shines and applying leadership becomes instinctual. Cultivate who you are, who you are wanting to be, and then application of it becomes easy.

L-4: Unleash the Leader Within (executive)

Leadership style and leadership brand are two focus areas of this course. Who do people see you as (the external facing you) and is popular opinion congruent with your own thoughts? Unleashing the leader within is ultimately finding alignment with who you are and who you are wanting to be, so others see you as authentic. All leaders are not built the same. We explore the whys and we identify your Inner Compass so you exude authenticity and garner respect.

L-5: Advancing Your Intuition (all levels)

How well do you trust your “gut feeling?” How often do your instincts prove to be exactly what was needed? This course identifies your easiest path to strengthening your inner knowing. Some call this your natural GPS, we call it Inner Compass. Those that understand where intuition comes from call it Guidance. Strengthen it, rely on it, and watch what happens! This workshop is a must for everyone in your organization.

L-6: Lead-Love-Influence (all levels)

The title identifies the topics for this all-level leadership course. We explore and appreciate the differences between leading, managing, openly in charge, and behind the scenes orchestrator, and why the term team contributor brings out the highest potential in each person. Knowing who is who in your team (internal and external) is what creates high performance teams and exquisite ability for identifying appropriate talent acquisition.

L-7: The Tipping Point: Finding Yours (mid-level)

Stressors do not have to be a part of your work and team dynamics, yet they often are. External influencers to stress-related mishaps at work can be avoided if you recognize the signs and know what to do about them. We explore signs of stress and teach energy point releases to aid in-the-moment situations. We assess where your “tipping point” is and who you are when you get there.

L-8: Influencing Team Dynamics (mid-level)

How do you get the best performance out of each team member or employee consistently? How do you know when to insert more guidance and direction and when to allow the team to steer itself? How well are you attuned to your staff and do they present themselves authentically when you are in the room? Understanding who you are is step one, who your team sees you as is step two. Knowing your people and your people knowing you is what this course is all about, so you don't guide an unguidable ship.

L-9: Teaming Up With Your Best Self (all levels)

Alternatively, we like to call this course “Piece Parts” because we take a little from a lot of courses and combine them to give you an overview of how to BE a person of influence, a kind and gentle leader who is supremely effective AND who knows how to glide through stressful situations unscathed. This is a tips, tools, techniques and “who am I” kind of workshop and is both fun and entertaining as we unlock personality traits that hold you back and bring out the ability to be yourself in front of others – a skill you will be appreciative of long after the workshop is over.

L-10: John Maxwell Suite of Leadership Materials

One of the most widely acclaimed leadership gurus of all time, John Maxwell has contributed greatly to the field of leadership and leadership coaching. Specialized courses can be provided based on any of the John Maxwell books. Each course participant receives a copy of the course aligned book.

L-11: Leadership Power Hour (all levels)

Tune in weekly for Ted Talk-like teaching on a unique leadership topic followed by Q&A. Bring your most pressing leadership questions. This virtual meeting is condensed teaching and Q&A all under one hour – perfect for lunch and learns or any afternoon break. Join my open Power Hour or connect with me to bring a similar series dedicated to your organization exclusively.

Intuitive Development Workshops

I-1: Tune Into Your Inner Compass

This is a must workshop that can also be delivered as a series. As the name suggests, this workshop helps you to unwind and unleash the power within. Powerful workshop that extends past the office and into every area of your life. Your Inner Compass is your intuition. We talk about what it is, where it comes from, how to learn it, why to rely on it, who is guiding you, and ultimately strengthening its frequency and accuracy. **Continuous Engagement Delivery** becomes a series of workshops that strengthens this inner guidance.

I-2: Mental Refresh – The Power of Quiet Meditation

As children, most of us were forced to take naps or to sit quietly as a punishment at one time or another. These experiences colored the lens of appreciating personal quiet time. For those needing a respite but not accustomed to meditation, we teach you how to create space in your day for a mental refresh. Refresh mentally and your emotions will follow. It is a must for anyone desiring balanced emotions or wanting the most out of your intuitive abilities.

I-3: Mastering Focus Play

Learn to use “play” as a means for capturing the attention of your mind to identify where your Inner Compass is leading you – another component towards strengthening your intuition. Pointing yourself in the right direction is fun and easy with this creativity workshop. Emotional balance, decision-making, and heightened awareness of feeling guided are expected results from continued engagement in Focus Play. For some, the verbal component of intuition will begin to grow stronger with consistent practice.

I-4: Guided Sensitivity Training

Emotional resilience is the topic of this workshop. When you identify as someone who is _____ (fill in the blank) you create the external facing person that others see, and can be judged wrongly because of it. Experiencing difficult situations cannot always be avoided, however, there are techniques for unlearning the emotional qualities that make resilience challenging. When emotions smooth out so does the pathway of manifesting a life you are happy to experience.

I-5: Art of Natural Healing

Physical and nonphysical components of the human body exist. In metaphysical and spiritual terms, this nonphysical system involves the Chakratic Systems which include energy touch points throughout the body. In this workshop we delve into the etheric and guide you into self-healing of emotional, physical, and behavioral patterns. Participants will have the opportunity to be chosen for a chakra cleansing scan as part of the workshop.

I-6: What Is Your Intuitive Gift

Intuition itself is just the beginning of potential conversations with those in the nonphysical dimension – many call that “place” the spirit world. Are you an empath, a healer, a clairvoyant, a medium, or a channel? We explore what each of these are and identify which is your strongest (easiest) ability to bring to the surface and how to go about strengthening it so it is useful – as well as fun. There are always surprised faces in the room with this workshop.

I-7: Mind-Body-Spirit Connection

When employees feel fulfilled their commitment to work is a natural by-product. This workshop is designed for those employees that desire a deeper spiritual connection and explores a variety of techniques for connecting with your Spirit Guide. Meditation, Focus Play, intuitive abilities, life Purpose, and Inner Compass discussion points are components of this workshop. Messages from Loved Ones, Spirit Guides, and even pets are given to each participant along with a personalized action plan for enhancing your ability to communicate with your Guide.

I-8: Intuitive Counseling/Coaching

Group workshops can be enlightening, fun, and experiential but sometimes private guidance is what you are needing. This option is available on as-needed or as a corporate package. Used most often for employees experiencing difficulties such as: work-life balance issues; post-partum depression/anxiety; loss of a loved one; difficult divorce or relationship problems; parenting issues; financial stress; distracting physical pain and more that prevent your employees from bringing their best self to work. May also be used to invigorate creativity and enhance team dynamics when used as a group event and team building. These coaching sessions are unlike any other as Carol uses her own Inner Compass conversations to guide you and your team. **Workshop or Continuous Engagement Delivery**

Coaching and Mentoring Workshops

C-1: Deal or No Deal

When you invest time in sharing your expertise with others it energizes your thought patterns, refreshes your confidence, and renews your own constructive ideas. This workshop answers all the basic questions on coaching versus mentoring, appropriate circumstances for each, how to refrain from instructing during either one, and why formalizing the agreement (the deal) lends to having beneficial engagements.

C-2: Pairing Up

Give a little, take a little is what Pairing Up is all about. Mentorship programs are too often used as supervisory discussions rather than for discovery, improvement, invigorating understanding of new concepts and ideas and then putting those ideas into action. Rediscover your passion for learning by pairing up with someone that knows what you want to know. At Compass Solutions we like to say "engage and then." This workshop uses the Imagination Session principles to identify your most valuable mentorship topics.

C-3: Intuitive Counseling/Coaching

Group workshops can be enlightening, fun, and experiential but sometimes private guidance is what you are needing. This option is available as corporate packages to use as needed. Typically used for employees experiencing difficulties such as: work-life balance issues; post-partum depression/anxiety; loss of a loved one; difficult divorce or relationship endings; parenting issues; financial stress; distracting physical pain and more that prevent your employees from bringing their best self to work. May also be used to invigorate creativity and enhance team dynamics when used as a group event and team building. These coaching sessions are unlike any other as Carol uses her own Inner Compass conversations to guide you and your team. **Continuous Engagement Delivery**

Wellness Workshops

W-1: Meditation for Focus

Learn what meditation is, and what it is not along with insight into the many health benefits – mental, emotional, and professional. A quieted mind thinks more clearly, has more effective conversations, eliminates indecision, and boosts creativity. A variety of techniques will be discussed and personalized guidance on the best method each participant is best suited for. Practice session is always included.

W-2: The Power of Positivity

At Compass Solutions we playfully call this workshop Infusing the Glad Effect because it is contagious! Once you understand how to use the power of your mind along with appreciative inquiry and forward thinking you become unstoppable in your ability to manifest every area of your life. Bring your manifesting abilities to life with or without the use of vision board. We use idea generation and touch point identifiers to make you a Law of Attraction expert.

W-3: Rejuvenative Yoga

Simple yoga techniques combined with intuited guidance to restore your focus and unkind your body. Messages from spirit are given to each participant on what is coming up for them and guidance on how to make the most of current circumstances. There is more to this life than the physical and this workshop helps you to create space in your week for tapping into Higher Consciousness for guidance while gently stretching your body.

W-4: Lean Into Balanced Emotions

Who are you when no one is looking is a theme that is explored in this workshop. Is the external facing you the same as your inward view of yourself? Is your emotional state holding you back from making meaningful connections, contributing to team discussions, or making healthy decisions? This workshop explores the Emotional Scale, how to feel for a better thought and implement aspects of Sensitivity Training so you can move away from difficult emotions quickly.

W-5: Love Never Dies: Grief Counseling

Emotional stress can turn into long-term trauma if there is no healthy outlet for discussing feelings of loss. Counselling may be individual or group sessions where teaching, discussion, and energy work are incorporated to aid recovery. Loss can come in many forms - people, pets, circumstances, relationships and this workshop welcomes discussion on any or all of them. We explore love, life, loss, and recovery through intuited guidance. **Workshop or Continuous Engagement Delivery**

W-6: Reconditioning the Self: PTSD/Trauma Counseling

Similar to Love Never Dies, Reconditioning the Self focuses on recovery and incorporates teaching, discussion, and energy work to heal emotional trauma. Mental images, flashback visions, anxious tendencies, and unhealthy behaviors are addressed and useful techniques are practiced that move you away from trauma and towards rejuvenation. Attending consistently can restore mental, emotional and physical health. **Workshop or Continuous Engagement Delivery**

W-7: Imagine Yourself to Be...

Imagination is an underused commodity that we all have. This workshop is exploratory, fun, and interactive as each participant learns the technique of the Statement of Appreciation and Forward Paving to not only design their life but to make significant advancements in actualizing (manifesting) it to be. The mind is an amazing thing and students learn how to identify real from pretend statements and why it makes a difference. This is not your average vision board manifesting workshop. May be designed as individual or group (project team) themed.

W-8: Speed Friending

Disconnected is the number one reflection made by outgoing employees and is the most unnecessary situation for employers. Useful for both telework and onsite environments, this workshop explores the need for social bonds and helps you relearn how to make friends as an adult. If you have ever heard of speed dating then you can envision part 2 of this workshop. Making friends is easy is the mantra of this workshop. When employees look forward to work, and who they work with, they are happier, healthier, and more productive.

W-9: Mind-Body-Spirit Connection

When employees feel fulfilled their commitment to work is a natural by-product. This workshop is designed for those employees that desire a deeper spiritual connection and explores a variety of techniques for connecting with your Spirit Guide. Meditation, Focus Play, intuitive abilities, life Purpose, and Inner Compass discussion points are components of this workshop. Messages from Loved Ones, Spirit Guides, and even pets are given to each participant along with a personalized action plan for enhancing your ability to communicate with your Guide.

W-10: Intro to Chakra Cleansing

Provided as an individual or group sessions, this workshop teaches the basics of the Chakratic System, why you have it, what it does for you, and what happens when it is "clogged." Releasing negative beliefs stored in the Root is the focus of discussion along with techniques for clearing your energy field. Participants will have the opportunity to be chosen for a chakra cleansing scan as part of the workshop.

Professional Development Workshops

P-1: Mastering Your Emotions

Rediscover what it means to communicate with others when you are no longer clouded by indecision, procrastination, obstinance, bullying, or cynicism – towards yourself as well as others. We explore the reasons behind negative self-talk and how to address it. The benefits of meditation, circulation and its immediate impact, positive journaling, and automatic writing are explored. This is an activity-based workshop that may include outdoor time when held in-person.

P-2: Delivering Feedback with Finesse

Perception is everything. When you perceive a topic or conversation to be difficult it will be. This workshop takes a different approach towards delivering feedback by first exploring why feelings of awkward, difficult, procrastination, and anxiety do not have to come with the task of delivering feedback. We use real-life examples and simulations to help you find that finesse and effective can be simultaneously applied to the delivery of feedback.

P-3: Seeing Eye-to-Eye

Preconceived notions, assumptions, and critical thought patterns are the focus of this workshop. Unconscious beliefs can play a significant part in how you are perceived by others. This is a fun workshop where behaviors, mannerisms, handwriting, and other idiosyncrasies are examined. You will laugh as you find out things about yourself – and your co-workers – that you never knew. Discussion points will be the what, the how, and the why along with how to change those habits that are distracting or disconcerting.

P-4: I Wish I Had Said That

Speaking up is easy for those that do it easily and/or those that have received accolades for it. Far too often, the best ideas are hidden from view because of intimidation and inferiority mindsets. We explore good-better-best and why you should remove them from your vocabulary. We show you how to play with Idea Trains to get every idea on the table. Practical uses are endless.

P-5: Imagination Sessions: Re-examining Creativity

Dynamic, interactive, exploratory, and fun the Imagination Session workshop is a modern method for unleashing creativity. A variety of techniques will be used. Learning from doing takes center stage as this is an activity-based workshop. Students will learn how to implement solo and within a group which make the takeaways even greater.



About Carol Collins

My personal leadership brand embodies Inspirational Leadership and I have an affinity for delving into the psyche and drawing out the qualities that enrich each individual, effectively developing "the leader within."

Evident in all my workshops and retreats is my passion for wellness, emotional balance, authentic Self, and reliance on inner knowing that I call Inner Compass. I bring my intuitive, medium, and channel abilities to the forefront and teach what Inner Compass means and why you should have it. My leadership philosophy integrates conventional leadership principles with a "new age" focus combining meditation and self-awareness as a means for actualizing the leadership qualities resident in each of my clients.

Now that I've told you the fun part of what I do and why, here are my credentials so you have trust in what I bring to the table.

Having a flair for designing my own workshops, I have been teaching leadership skills, project management, professional development and life coaching since 2009. It's who I am.

Trance channeling entered my life overnight in 2019 and I have been a verbal, consciously-aware channel ever since. I give workshops, classes, retreats, private readings and chakra cleansings weekly and by appointment.

Bachelor's in information technology from the University of Maryland University College, a Master's in Leadership from Georgetown University, McDonough School of Business and continued studies as a PhD student at Gonzaga University, School of Professional Studies studying Leadership focused on the integration of the Eastern philosophy of meditation and the effects it has on emotional intelligence.

Project Management Professional (PMP) credential since 2010 and certified leadership coach and trainer of the John C. Maxwell suite of leadership materials.

Former United States Marine with over 20-years' experience of "leadership in the field" specializing in IT Project Management and leading complex teams.

I hope to see you in a workshop, class, or at a retreat soon.