



Workshop Proposals for Culture Vitale

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INTRODUCTION

Workshops are experiential and immersive. This enhances the participant engagement, knowledge retention and skill development. Workshops include various ice-breakers, activities and reflection opportunities.

Below is a proposal of possible workshops that clients may be interested in. Workshops can be tailored to specific needs and culture of clients' organisation.

Durations of each workshop is 60 minutes. Format of each workshop can be conducted online or in person. As I have my own private practice, workshops should be scheduled on Mondays or Thursdays. Should travel outside of Barcelona, Spain be required it would be preferable that the workshops be schedule for Mondays and sufficient notice of 3 to 4 weeks should be given.

Please note: These workshops proposals may vary dependent on the client's needs, time available and relevance, and updating of each workshop to recent research studies.



WORKSHOP 1: Creating Your Miracle Day - Cultivating Hope

Overview

Harness the power of visualisation and agency building to enhance motivation and direction. This workshop combines evidence-based Solution Focused Brief Therapy and Positive Psychology to help participants to create a personalised guide to work towards their goals or miracle day.

Learning Objectives

- Understanding hope as a cognitive process, not just an emotion
- Learn why hope is essential for mental health and performance
- Master visualization techniques for goal achievement
- Evaluating where you are on your journey currently
- Developing a starting point



Workshop Structure

- **Foundation (10 min):** The science of hope
- **Visualization (20 min):** Miracle Day guided exercise with a partner
- **Analysis (15 min):** Where on the scale are you?
- **Action Planning (12 min):** Concrete next steps
- **Commitment (3 min):** Personal accountability



WORKSHOP 2: Champion Mindset - Conquering Performance Anxiety

Overview

Channel elite athlete psychology to master performance under pressure. This workshop applies sports psychology principles to high-stakes business environments.

Learning Objectives

- Understand performance anxiety from a sports psychology perspective
- Learn visualization techniques used by elite athletes
- Master pre-performance routines and mental preparation
- Develop mental toughness strategies for high-pressure situations
- Apply goal-setting frameworks that optimize performance



Workshop Structure

- **Foundation (10 min):** Athlete vs. business performer psychology
- **Technique Training (25 min):** Visualization, routines, mental preparation
- **Toughness Building (15 min):** Pressure management strategies
- **Goal Setting (8 min):** Performance optimization frameworks
- **Application (2 min):** Business environment implementation



WORKSHOP 3: Managing Stress and Anxiety

Overview:

Equip you team with understanding stress and how to manage it effectively. This workshop transforms the view of stress from being seen as a barrier into a manageable aspect of professional and personal life.

Learning Objectives:

- Understanding Stress and anxiety: definitions, triggers and physiological impact
- How to recognise stress/Anxiety as a helpful signal and when is it counterproductive
- Master breathing techniques and grounding exercises for immediate relief
- Understanding the impact that thoughts have on emotions and on behaviour
- Develop personalized anxiety management strategies



Workshop Structure

- **Opening (10 min):** Stress/Anxiety myths and realities
- **Core Content (35 min):** Physiological understanding, practical techniques, cognitive tools
- **Interactive Practice (10 min):** Breathing exercises and grounding techniques
- **Action Planning (5 min):** Personal takeaway strategies



WORKSHOP 4: Master Professional Conversations

Overview:

A brief introduction to a skills session to help employees feel empowered by making use of communication principles to resolve conflicts professionally, to build bridges to find satisfactory compromises and to create intentional dialogue.

Learning Objectives

- Define healthy vs. unhealthy communication patterns
- Introduction to active listening and reflective responding

- Learning bridge-building techniques for difficult conversations
- Introduction to communication strategies that foster collaboration
- A look at the skills for giving and receiving feedback constructively



Workshop Structure

- **Foundation (15 min):** Introduction to good communication and why it is essential in the workplace
- **Skill Building (30 min):** An introduction to Active listening, reflection, bridge-building
- **Practice Session (10 min):** Role-play scenarios

Application (5 min): Workplace implementation strategies



WORKSHOP 5: Personal Emotional Intelligence and the impact in the workplace

Overview: Decoding your own personal emotions and how they impact your performance. This workshop challenges negative emotion myths while building emotional awareness and regulation skills.

Learning Objectives

- Understand the purpose and function of emotions
- Debunk myths about "negative" emotions
- Develop emotional awareness and vocabulary
- Exploring the need for an emotional regulation toolbox
- Workplace application



Workshop Structure

- **Foundation (10 min):** What emotions really are
- **Myth-Busting (15 min):** Challenging negative emotion beliefs
- **Skill Development (25 min):** Recognition, regulation, and response strategies
- **Practice (8 min):** Real-world application scenarios
- **Integration (2 min):** Key takeaways



WORKSHOP 6: Unmasking the Imposter - Authentic Leadership

Overview

Transform imposter syndrome from a leadership liability into authentic power. This workshop reframes vulnerability as strength while building genuine confidence and self-compassion.

Learning Objectives

- Recognize and understand imposter syndrome patterns
- Reframe vulnerability as a leadership strength
- Challenge limiting beliefs about competence and worthiness
- Develop self-compassion practices for leadership challenges
- Create authentic leadership presence and confidence



Workshop Structure

- **Recognition (12 min):** Imposter syndrome identification and roots
- **Reframing (18 min):** Vulnerability as strength, belief challenging
- **Compassion Training (20 min):** Self-compassion practices
- **Authenticity Building (8 min):** Genuine leadership presence
- **Conviction (2 min):** Stepping into authentic power

 **Final Note:** These workshops are suggestions and can be adapted to suit the needs of the client and workshops