



## **Culture Vitale Submission: Workshop Proposals**

**Facilitator:** Natalie Diaz, LSW – Psychotherapist, Coach, Arts Leader, Educator

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### **Workshop 1: Nervous System Reset (CBT + Somatic Techniques)**

**Duration:** 90 minutes

**Format:** Interactive, experiential, educational

**Note:** Educational only — does **not constitute therapy or therapeutic support**

#### **Overview:**

This 90-minute session combines education, somatic tools, and interactive exercises to help participants understand and regulate their nervous systems. Learn how stress, anxiety, and fear can activate the nervous system, impair executive functioning, and reduce focus and performance. Through practical exercises, slides, small breakout groups, and group discussions, participants practice strategies to shift into a regulated, present, and high-functioning state.

#### **Learning Outcomes:**

- Understand nervous system activation and its impact on focus, critical thinking, and decision-making
- Practice somatic exercises for grounding, emotional regulation, and energy balance
- Learn CBT-informed strategies to reduce stress and enhance clarity
- Develop a personal toolkit to reset and optimize nervous system function

#### **Team Benefits:**

- Increases focus, resilience, and creativity
- Enhances collaboration and problem-solving



- Provides memorable, practical tools for immediate application

**Pricing:** \$1,500 per 90-minute session

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## **Workshop 2: Overcoming Limiting Beliefs & Empowerment**

**Duration:** 90 minutes

**Format:** Interactive, reflective, educational

**Note:** Educational only — does **not constitute therapy or therapeutic support**

### **Overview:**

This 90-minute workshop helps participants identify and move beyond limiting beliefs that impact personal and professional performance. The session combines education, journaling exercises, interactive small-group work, and large-group discussion. Participants explore the origins of their beliefs, reflect on how these patterns influence their choices, and practice exercises to cultivate a growth-oriented, empowered mindset.

### **Learning Outcomes:**

- Identify common self-limiting beliefs affecting work and creativity
- Reflect on the origins and impact of these beliefs through guided journaling
- Practice experiential exercises to challenge and reframe limiting patterns
- Build strategies to foster confidence, agency, and resilience

### **Team Benefits:**

- Enhances self-awareness, collaboration, and innovation
- Strengthens confidence, decision-making, and problem-solving
- Interactive and experiential learning that leaves participants inspired and equipped

**Pricing:** \$1,500 per 90-minute session



## **Optional Half-Day Package**

- Nervous System Reset (90 min)
- Overcoming Limiting Beliefs & Empowerment (90 min)
- Optional Creative Integration Activity (30 min — journaling, movement, reflection)

**Total Duration:** ~3–3.5 hours

**Suggested Pricing:** \$3,000–\$3,500