



# Mindful Type A Workshops & Programs

## 2020

**Robyn Fehrman, MPA, RYT-200**

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Through [Mindful Type A Wellness](#), Robyn Fehrman helps high impact (and often high strung!) leaders at all levels cultivate more focus, resilience, and joy. Robyn offers coaching, private lessons, workshops, and weekly classes in yoga, meditation, and mindfulness.

Rooted in traditional vipassana meditation and vinyasa yoga practice, Robyn's approach to mindfulness focuses on intentional breathing, movement, and meditation techniques that help Type A leaders enhance the aspects of their personalities that make them effective, while letting go of that which doesn't serve them at work, at home, and on the inside. Robyn's classes are accessible for students of all experience levels.

Leadership is tough! Through mindfulness, leaders at all levels learn tools for nourishing their bodies, minds, and spirits by cultivating non-attachment to outcomes, increased connection and compassion, and attention to the present moment. [Multiple studies demonstrate the benefits of mindfulness](#) that align with the challenges and stressors that leaders regularly face. Through consciously paying attention to the present moment, leaders can:

- Reduce the negative impact of stress
- Cultivate increased focus, authenticity, and intentionality
- Create the mental space needed for innovation and creativity
- Strengthen strategy
- Find more joy – even amid ongoing challenges

### **Current Workshops**

Workshop components generally include a mix of mini-lectures, yoga / mindful movement, guided and independent meditation practice, small group discussion, and journaling with prompts / guided reflection. Robyn offers workshops in-person or virtually via web conference.

#### **Introduction to Mindfulness: A Four-Part Series**

A four-part series that is particularly well-suited to the web-conference format, these 1-hour sessions leave participants with increased awareness, skill, and curiosity!

- *Mindfulness 101* – Participants will increase their knowledge of the introductory principles of mindfulness and practice fundamental concentration-based practices, such as Awareness of Breath and Body Scan meditation.
- *Mindfulness 102* – Participants will deepen their knowledge of mindfulness and practice fundamental awareness-based techniques, such as Loving Kindness meditation.
- *Mindfulness in Everyday Life* – Participants will learn how to integrate mindfulness principles into “real life” and will create action plan for incorporating techniques into their lives as partners, parents, neighbors, and friends.

- *Mindfulness at Work* – Participants will increase their knowledge of mindfulness can work with workplace-based stress and will build concrete skills for preventing burnout and cultivating resilience.

*Length:* 4 hours (delivered over multiple days or weeks)

### **Thriving Under Stress: Yoga and Mindfulness for your Workday**

Stress is a part of work and life. While we can't escape it, our response determines whether we thrive or suffer.

To achieve our goals in work and at home, all leaders need access to a diverse set of tools and habits to help regularly cultivate focus, resilience, and joy. Mindfulness is one of those essential practices. Through integrating mindfulness principles and practices at work, we're able to communicate more effectively, focus on what matters most, uncover innovative solutions, and make strategic decisions - even in the midst of competing priorities, looming deadlines, and challenging co-workers!

*Learning Objectives:*

- Increase knowledge of introductory principles of mindfulness & their relationship with stress
- Learn specific meditation techniques for cultivating focus, resilience, and joy at home and work
- Practice gentle "anywhere yoga" as means for learning to focus on the present moment
- Create an action plan for integrating purposeful pauses into the work week

*Length:* 2 hours

### **Cultivating Resilience: Mindfulness to Recognize and Resist Burnout**

The World Health Organization has named stress as the global health epidemic as the 21<sup>st</sup> century! Chronic stress leads to personal burnout – and organizational chaos. Resilience is the antidote – and mindfulness is one powerful tool for building it.

*Learning Objectives:*

- Discuss connections between stress & burnout
- Recognize signs of burnout
- Build concrete skills, including contemplative practices, to prevent burnout
- Reflect on past inspiration and times of deep resilience
- Create an action plan for integrating resilience practices into daily work life

*Length:* 2 hours

### **Attention to Intention: A Mindful Approach to Fresh Starts**

A new year, season, quarter, or life phase often brings the promise of new beginnings. Without awareness, it's easy to get caught up in a long list of new goals that stem from "shoulds", "musts," and external expectations. What if we took a more mindful approach to fresh starts? What if we crossed these thresholds rooted in deep awareness, appreciation, and compassion? Especially helpful for goal-oriented leaders, this workshop is appropriate for anyone wishing to approach a fresh start more intentionally.

*Learning Objectives:*

- Move through a 90 minute all-levels yoga practice
- Meditate using introductory mindfulness meditation techniques
- Mindfully set intentions for the week, month, and year ahead that focus on one's process - not just the desired results

*Length:* 2 hours

## **Mindful Leadership: A Critical Tool for Transformational Impact**

Transformational impact requires leadership. And true leadership requires us to simultaneously address both long-term strategic priorities and short-term fires. Mindfulness gives us the tools to skillfully respond in any moment – instead of reacting on autopilot!

*Learning Objectives:*

- Increase knowledge of introductory principles of mindfulness
- Define mindful leadership & the 4Cs: calm, compassion, clarity, choice in the service others
- Learn specific techniques for cultivating the 4Cs and integrating them into work and life

*Length:* 4 hours

## **Yoga for Type A People**

Do you lean toward perfectionism, competitiveness, and constant urgency? Would friends or family describe you as intense, impatient, or wound-up? These classic characteristics of Type A personalities are helpful in many aspects of our lives, helping us achieve goals that often allude others. At the same time, our Type A nature can hold us back from showing up as the compassionate, nurturing, and nourished people we are when we're at our best. Yoga's mindful breathing, movement, and meditation can help high impact (and often high-stung!) Type A people all that makes us effective, while letting go of that which doesn't serve us at work, at home, and on the inside.

*Learning Objectives:*

- Learn more about the 8 limbs of yoga and specifically, explore what yogic philosophy has to teach us about personal and professional leadership
- Put that philosophy into practice through all-levels yoga and meditation practice
- Reflect on how one might integrate that philosophy with Type A life off the mat

*Length:* 2 hours

## **Yoga Nidra: Guided Meditation for Deep Relaxation**

Ready for some deep relaxation? Looking for help cultivating calm? Want to experience respite and restoration? Yoga nidra or "yogic sleep" is a systematic form of guided meditation in which students learn to focus their awareness on their breath, bodily sensations, emotions, and thoughts. Yoga Nidra is especially helpful for those prone to anxiety, trouble sleeping, and the negative impacts of daily stress.

*Learning Objectives:*

- Move through a 45- minute all-levels yoga practice to prepare you for stillness
- Learn the fundamentals of yoga nidra
- Experience a 30-minute guided meditation while lying on your back, comforted by blankets and other props

*Length:* 1.5 hours

## Pricing

Workshops: 1--2 hour workshops are \$525 and 4-hour workshops are \$2,500. As a lifelong social justice advocate, Robyn offers a 10% discount to government agencies, nonprofit organizations, and B-Corporations (1-2-hour workshops: \$472.50; 4-hour workshops: \$2,250).

Travel: For workshops within a 1-hour drive of Durham, North Carolina, Robyn charges the 2020 federal mileage rate of \$0.575 per mile. Travel for workshops outside of this radius is negotiated on a per client basis.

For one-time workshops, Robyn invoices clients immediately following each session, with payment via check due immediately upon receipt. For multiple-engagements, Robyn requires a 50% deposit upon agreement and then invoices for the engagement balance following the final session.

## Biography

[Robyn Fehrman](#) is a recovering perfectionist, passionate about the intersections of mindfulness, leadership, and yoga. As a classic Type A personality, former nonprofit executive, social entrepreneur and mama of young children, she has personally experienced the many benefits of mindful movement, intention-setting, and breath work.

With a Masters of Public Administration degree, nearly 20 years executive experience, and a personal yoga & meditation practice spanning more than 10 years, Robyn offers a purposeful and practical approach to thriving in both work and life. In her teaching, writing, and speaking Robyn shares lessons from her own leadership journey and leaves students with tools they can use right away. Based in Durham, NC, she completed her 200-hour Yoga Teacher Training with Carolina Yoga Company and is certified with Yoga Alliance as a Registered Yoga Teacher. Additionally, has completed Mindfulness-Based Stress Reduction Training with Duke Integrative Medicine.

Robyn also serves as Director of Programs at the Center for the Advancement of Social Entrepreneurship (CASE) at Duke University's Fuqua School of Business. Through her work with CASE, Robyn is studying mindfulness in business settings and is integrating her Mindfulness for Social Impact & Cultivating Resilience workshops into student & professional programming.

