

What is the Institute for Mindset Resilience and Innovation (iMRI) Training Program?

The iMRI training program provides neuroscience education to equip individuals to:

- facilitate their own Mindset Neuroscience workshops;
- create a project or initiative that promotes neuroscience, mindset, resilience and innovation research within their organization or community;
- use neuroscience, mindset, resilience and innovation research to support an existing project, presentation or initiative in order increase buy-in from stakeholders and participants.

What's the timeline for this program?

The training will begin on May 19, with a two-day intensive training, 1-on-1 coaching and a group meeting June, August and September, finishing with a full-day intensive and half-day summer showcase and graduation in October. I am gathering feedback from prospective students right now to finalize dates.



What's included in this program?

The training program consists of 4 monthly training workshops, two 1-on-1 coaching sessions, a final project, summer graduation celebration and two post-training follow-up workshops. Here are the details for each of those components:

Workshop Content

The program begins with a two-day intensive training, followed by monthly two-hour workshops where students will get in-depth, graduate-level neuroscience training related to:

- how mindsets are formed AND how they can be intentionally changed through neuroscience-informed conditions and self-directed processes;
- how to minimize the negative effects of adversity and toxic stress on brain architecture;
- how learning about the neurobiology of intergenerational poverty, adversity and oppression can create buy-in from leaders, educators and parents to engage in new ways to positively influence brain activity in themselves and in students;
- how to create optimal learning conditions, projects, activities and interactions that maximize executive functioning, growth mindset, self-regulation and resilience
- how to integrate design-thinking, neurobiology, physics, emotion regulation, social impact and resilience education into a project, presentation or initiative that will produce measurable and sustainable impact within one's own organization.

Final Project

During the initial two-day training, students will choose to either develop their own project or initiative, or to master the step-by-step framework that I teach so they can conduct their own workshops using my materials and support. Students have the option (and are highly encouraged) to present the overview or sample of their own project, initiative or workshop at the summer showcase in August. This will be a way to pilot-test and gain feedback so that they can then present their idea to their organization, community, or stakeholders.

One-on-One Coaching Sessions

In between each monthly group training (in March, April and June), students will arrange to have a 1-on-1 in-person (or video conference) with me to get personalized coaching and feedback on their project/presentation. We will have a final 1-on-1 session in August before they present at the summer showcase.

Summer Break

For the month of July, students can either take a break or prepare on their own.

End-of-Summer Showcase and Graduation

The final weekend will be in August and will include a final one-day workshop for students to ask additional questions, share with the group, and get feedback from myself and others. The following day will be the 'graduation and showcase', where students can choose to present (to a wider audience) a short summary or a piece of what they would like to present to their own organizations or communities.

6- and 12-month Post-Training Follow-Up

Six months after the summer showcase, and then again one year after the end of training, students will be invited to optional follow-up sessions, where they can ask questions, give feedback and get further coaching.

Completion Certificate

While I cannot officially provide Continuing Professional Development or Education Units, you will receive a certificate with number of training hours completed, and a reference from me (based on completion of program).

Facilitator Profile

Students who wish to provide Mindset Neuroscience™ workshops to various audiences can choose to be featured on the facilitator profile page on Stefanie's website.

What is the Format of Training?

As there is interest from people who are not in the Illinois area, students will be able to join via videoconference any of the workshops throughout the program, but are encouraged to attend either the initial workshop intensive or the final summer showcase (or both if possible). For some people, travel will simply not be feasible: on a case-by-case basis, students can be approved to attend the entire program via videoconference.

How big is the cohort?

I want to keep the group limited so that I can devote my full attention to each cohort. I find many training and professional development programs to be either high or low cost, but with very little actual interaction between the person who created the training and their participants. This is highly convenient and profitable for the person running the program, but I feel that in order for this information to have the deep, authentic and transformative impact I personally know it has, I want to offer my commitment and personal trust-building and engagement with my co-creating thought leaders. To do this, I will need the group to remain relatively small. I feel that the maximum number I could commit to would be about 15 people – potentially 20 – but ideally a bit smaller. This does mean, however, that in order for me to devote my full attention to the months of preparation and the months of engagement for this program, I will need a financial investment from students.

How much does tuition cost?

In order to keep the cohort small so that I can devote my personal attention, and to attract people who are highly invested, I am requiring a financial investment of \$1997 for this 6-month program. Students can divide this into 4 monthly installments.

I have found in the past that I tend to under-price my offerings, which forces me to take on many different side projects. This then means I can't devote myself fully to the group. The tuition I am offering is extremely low in comparison with the price of other programs for very little engagement from the instructor, and often only for a few days of training with no follow-up.

Because of how big of a commitment this is for me, this price will only be available to this first cohort, as you will be pioneering the program with me. After this cohort, the format may change, and the price will likely be more than double this so that I can also hire staff and implement more robust systems and planning, etc.

What's different about this program compared with other professional development trainings?

1) Neuroscience is the core curriculum, not an addition

The biggest difference is that the neuroscience and neurobiology information is the centerpiece of the curriculum, rather than a side-note.

The reason for this is that my experience and research show that when people truly understand and internalize the mechanics, and 'inner workings' of the mind, mental states, emotions, they are better able to a) replicate it because these processes are now conscious and b) explain it to others because they have the correct wording for it and a step-by-step explanation, rather than noticing things without knowing 'why'.

2) Personalized, Authentic Connection-Building

I'm moving away from the increasingly popular model of an 'expert' getting people to pay for their knowledge, but then packaging it for the masses and having little to no actual interaction with the participants. This model goes against what I teach – presence, connection and 'psychological safety' are core needs for learning. This can be done through technology (for example, in the video conference sessions I will have with some students), but I hope to model trust- and empathy-building with students in '*real time*' – because that is how *they* will be interacting with the people *they* are leading.

There is space for the powerful and positive effects of personalized learning through technology, and we will be exploring that (it's how I personally have learned a lot over the decades!), but we will first establish a sense of trust and connection so that we can intentionally use technology in a more personal and impactful way.

3) Follow-Through and Follow-Up Incentives

Follow-Through: most training programs don't give you incentive to actually take any action. Because this is a project-based experience, you will need to implement your insights and actually *create something new*.

Follow-Up: I rarely see training programs offer students the chance to re-connect and share insights and challenges after the training is over. I really want to see leaders have the impact they know they can have, and I think having a chance to follow up with them will help me do that and will continue a sense of community and relationship with the group.

Who is this for and who is this not for?

This is for anyone who has some type of leadership role within their community or organization. It's for people who want to leave their mark and create positive change.

This training will not just be about 'improving performance' or 'improving behavior'. It will be about legacy-creation, consciously evolving humanity and dissolving illusions of our learned fears and ideas of separation and isolation. This will not be about how to only

increase our scores based on the scales that perpetuate history and status quo, it will be about creating new scales, and new ways of interacting and compassionately disrupting old-views and old brain-wiring that hold people back.

Therefore, this training is not for people who only care about test scores or performance. If you want 'behavior management' or performance enhancement without deep self-reflection, this is not for you.

This training is also not for you if you feel that you need someone to tell you exactly how and what to do to create change in your life or the lives of others.

There is an intentional *de-emphasis on 'skill-building'* and an intentional focus on moments of *'oh, I never thought of it like that before'*, and transforming *how we see* the world, ourselves and others, more than *'what should I do?'*...

The questions arising will be more like, *'how does the way I see myself and that person affect how I treat them, and where did that way of seeing them come from?'*

If that kind of questioning doesn't interest you, this program is not for you.

Bonus Features

Projects Featured on Website

Students' work will be featured on Stefanie's website so that they can further attract recognition and network-building with like-minded leaders.

Lifelong Alumni Status

Students will also get exclusive access to an invite-only LinkedIn group network, so that they can continue to share ideas, insights and stay connected with Stefanie and fellow iMRI graduates.

Mindset StarterKit Online Course

Students will also get access to the Mindset StarterKit, which they can then use as a roadmap and outlined Mindset Neuroscience training guide to help introduce iMRI concepts to their organization or community.