



GROW WITH JOY

DESIGNED BY INA GJIKONDI



Class Offering Proposal by Ina Gjikondi

WHY?

We are living in complex and uncertain times. We are constantly striving towards success, better performance and yet we are dealing with so much burnout, less satisfaction and lower engagement. According to the most recent Gallup Survey on the State of the American Workplace, only 33% of the US Employees are engaged at work compared to 70%, which we find in the world's best organizations. What might we do differently?

The deliberate step is to build a culture of wellbeing, a culture of self-awareness, one that truly allows us to cultivate the skills of attention, presence and will. It's so critical for us to learn to be with ourselves and one another so that we can truly do the work that we want, with less struggle and more joy, creating the balance that we all deserve towards wellbeing and the greater good. *So the question becomes...What if you can cultivate a bit more JOY? If so, how?*

WHAT?

Grow With Joy is an immersive creative learning experience that helps leaders cultivate greater joy for greater wellbeing in their work and life.

WHO?

GW Community, staff & faculty who want to cultivate a thriving work-life balance.

HOW?

3 sessions of 45-60 min during lunch (brown bag)

In between 18 min /day practices

1. **J**ump into Joy! The Joy in You
2. **O**pening to Joy! The Joy you Find
3. **Y**ou are Joy! The Joy you Give

Session 1: Jump into Joy: the Joy in You

What is Joy?

- The Nature of Joy, what is and how to find it
- Centering Practice, Loving Kindness & More
- There is no way to go but Up: Choosing Joy
- Creating your Joy Anchors

Pulsing: Choose your 18min/Day Practice

Session 2: Opening to Joy: the Joy you Find

What if there is no Joy?

- Managing complex emotions, breaking the patterns of burnout
- The Practice of Discernment: Making choices through awakened intuition
- Developing an eye for self-observation and beauty
- The Practice of Receiving: Joy in the unusual places

Pulsing: Choose your 18min/Day Practice

Session 3: You are Joy: the Joy you Give

How does Joy make a difference?

- Embodying joy as a way of being
- Sustaining a practice of joy through wonder and imagination
- Setting a collective intention for a culture of Joy
- Design and prototype the Universe of Joy in your life and work

Pulsing: Choose your 18min/Day Practice



About the Facilitator

INA GJIKONDI, PCC, MPS, MA



I am teacher, speaker, mother, alchemist, innovator, poet, modern mystic and co-curator of creative learning experiences that expand consciousness with the goal of One Shared Humanity

I serve as the Director of Executive Education & Coaching and as the Founder & e-Co Leadership Coaching Program Director at the George Washington University's Center for Excellence in Public Leadership.

e-Co Leadership Coaching Certification (e-CLC) is an International Coaching Federation aligned professional foundational program rooted in the cultivation of energetic stability, by expanding, emerging, exchanging and evolving in co-creation, co-connection, co-action and co-movement in service to the greater good.

I believe in coaching as a way of being and *an invitation to the practice* of anchored capacity, where we learn to stay **present**, **practical** and **poetic**, to deepen and expand our contribution in the world.

We must cultivate capacities that will support people and organizations to think from a whole person and whole systems perspective in a way that gets us deeply in touch with our own humanity and helps us heal our connection within systems, from the cellular level of our being to the cellular level of our humanity and yes, change starts with us. Nations don't transform, people do and we can start there.

The vision I am committed to:

May all nations in the world today, plant a seed of e-Co Leadership Coaching in service to the One Humanity and the Sustainable Development Goals Agenda by 2030.

I work with people across the globe to awaken the leadership and creative capacity for active imagination and resilience. An active United Nations advocate in Albania, I came to the US to learn how to manage political campaigns and as life happens moved into the space of leadership development, discovering the love for helping people and organizations grow. I am inspired by my son Hadrian, who teaches me to slow down and show up for life with genuine curiosity. To develop this creative dialogue, I have founded Hadrian Series, a learning hub to support families through embodied conversations, celebrating the wonders of life every day.

Education:

- M.A., Human Resources Development, the GW Graduate School of Education and Human Development
- M.P.S., Political Management, the GW Graduate School of Political Management
- B.A., Law, University of Tirana, School of Law