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| ABOUTCHRISTINE RABAJAAs a coach, speaker, and leader, one of the advantages Christine brings is her level of comfort with both complexity and uncertainty. Her expertise is to delve into ways of working using real-time situational occurrences, so leaders remain relevant and adaptable to the complexity of their ever-changing environment, achieving the results they want.As a retired Marine Corps Lieutenant Colonel, Helicopter Aircraft Commander, and Space Systems Operator, Christine has over twenty years of leadership expertise within varied fields of aviation, talent recruiting, business management, scientific and technical integration, and executive-level facilitation.She's an International Coaching Federation credentialed Professional Certified Coach. |





LEADERCAMP

## MIDWEEK MEDITATION MOMENTS

### TRANSCENDING

WITH

CHRISTINE RABAJA

NOVEMBER 14, 2024

Join us for an enlightening meditation series designed to help you unlock the extensive benefits that meditation offers. In today's fast-paced world, meditation has emerged as one of the most effective methods for combating stress and anxiety—without any side effects and at little to no cost.

If you share any similarities with our instructor, Christine Rabaja, you might initially find the idea of meditation somewhat off-putting. Christine herself used to feel the same way. She discovered that her aversion stemmed from trying too hard to achieve a meditative state. The truth is, meditation should come naturally and with ease. By letting go of undue effort, you can achieve deeper relaxation and reap significant benefits, including stress reduction.

What can you expect from this series? November’s *Midweek Meditation Moments* explore a basic transcending meditation, which involves simple observation without judgment of any sensations, sounds, or thoughts that arise. This release of judgment can yield a feeling of relaxation.

Allow Christine and Skillsoft to guide you through this transformative experience.

PARTICIPANTS WILL LEARN:

* how to meditate effortlessly.
* how to simply observe without judgment, to bring moments
of relaxation.

#### PREPARING FOR THE LEADERCAMP

The Leadercamp Guide can be used as a tool for facilitators and participants to get the most out of a Leadercamp experience. It includes an overview of what will be covered in the Leadercamp, information about the presenter, and suggestions for different ways you and your team can learn together or individually. Each guide concludes with application and reflection prompts to apply what you've learned.

##### About This Guide

This guide will help you prepare for and facilitate the program ***MIDWEEK MEDITATION MOMENTS—TRANSCENDING***. The purpose of this guide is to help you generate a dialogue among participants and apply key concepts from the presentation to your own learning objectives. The guide can be leveraged effectively for both large and small groups.

##### The Audience

This program is for executives, managers, supervisors, and line staff. Ideally, the materials should be presented in a group setting, where the responses of others can be discussed and shared.

##### Watch As a Team

Prior to the Leadercamp, Zoom links are set up in Percipio. To host the Leadercamp for your team with Zoom, clink on the Zoom link for the Leadercamp so that it's ready to start on your screen. Then start a Zoom meeting, share your screen, and when you get asked what you want to share, choose the browser window with the Leadercamp ready to play. Select **Share** and enjoy! Be sure to contribute to the discussion in the chat feature.

##### For Individual Viewers

Watching alone this time? No problem. Click on the Zoom link in Percipio for the Leadercamp and begin watching. Get the most out of the event by participating in the conversation via the chat feature and by taking notes. And don’t forget to ask any questions you may have during the Q&A session.

#### APPLY WHAT YOU’VE LEARNED

Answer these questions to reflect on the Leadercamp and reinforce the ideas, practices, and strategies you’ve learned.

How does what you learned relate to what you already knew?

What are three key takeaways from today’s Leadercamp?

Who could you ‘tell’ or share this with? Who would care and/or benefit the most?

What’s one thing the Leadercamp inspired you to do differently moving forward?