

Tier 2 Syllabus

The Deep Dive Intensive

Overview

This intensive workshop applies the principles of Self-Determination Theory (SDT) and Positive Psychology to the specific challenges of your team's environment. We move beyond individual habits to conduct a "Work-Life Reflection," identifying the systemic psychological friction that drains team motivation and engagement.

Learning Objectives

By the end of this workshop, participants will be able to:

- Conduct a personal audit of "Work-Life Friction" using a psychological lens.
- Utilize the Three Pillars of Motivation (Autonomy, Competence, and Relatedness) to reframe daily tasks.
- Construct a 30-day "Well-Being Roadmap" for sustained professional flourishing.

Module Outline

- Module 1: The Human Audit. An anonymous, guided reflection on the psychological roadblocks currently hindering the team's sense of capability.
- Module 2: The Motivation Engine. A deep dive into Self-Determination Theory: How to reclaim a sense of choice and mastery in your role.
- Module 3: Developing Resilience (HERO). Practicing the mental habits that allow for recovery and growth following professional setbacks.
- Module 4: The 30-Day Roadmap. Collaborative planning session to implement one psychological "protocol shift" starting Monday morning.

Investment

\$5,500 Includes pre-session audit, 4-hour facilitation, and the comprehensive Agency Impact Report.