
YOUR STORY AT WORK

WITH MARK MATOUSEK

Inspiring Insight, Innovation, and Leadership Through Narrative

Insight is the gateway to success in any undertaking that involves people. The lack of insight and emotional intelligence are often primary causes for executive derailment, workplace conflict, and worker dissatisfaction. You can change this in your organization.

Research has proven that expressive writing is an unsurpassed tool for increasing insight and emotional intelligence. For 35 years, bestselling author and teacher Mark Matousek has helped thousands of individuals around the world to achieve their professional and personal goals using writing as a tool for insight and success. Matousek teaches “It’s hard to think outside the box until you know what’s inside it.”

Studies have shown that exploring personal and group narratives is a powerful, effective path to increased vitality in the workplace. Innovation and effective leadership cannot exist in the absence of insightful practice and solutions. Self-expression through writing helps build emotional intelligence, insight and resiliency.

The **Your Story at Work** process is simple, powerful and undeniably effective. Through a series of brief, targeted writing prompts, followed by immediate, insightful analysis, Matousek guides you through a process of self-exploration to empower, enlighten, and inspire you to bring your best, authentic selves to work.

Benefits for Your Organization

- Reinforces a culture of innovation and leadership.
- Increases creativity and personal accountability.
- Strengthens team bonds and promotes positive work environments.
- Reduces absenteeism due to stress and conflict at work.
- Brings value to each individual’s professional life.

Personal Benefits for your Team Members

- Resolves biases and personal obstacles that limit satisfaction and performance.
- Helps create renewed optimism and energy.
- Enhances sensitivity to diversity and cross-cultural differences.
- Promotes conflict avoidance and resolution.
- Helps heal old workplace wounds and promote greater overall well-being.
- Helps individual staff hone their unique voices.

Half-day and Full-day Seminars - Single or Multi-day management retreats –

Ongoing Professional Development Programs - One-on-One Executive Coaching
