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*A U.S. client was presenting two workshops at a conference and needed—with only a few hours to spare—a 200-word summary and snappy title for each to include in the program. They sent their notes at 8 p.m. (their time). The job was completed by the time they awoke. Here's what I wrote.*

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### Innovation or stagnation? Creating a creative work culture.

What if? What if you celebrated imperfection, risk, and disruptive ideas? What if you looked at mistakes as learning opportunities? Acceptance of uncertainty is essential to growth and creativity. The road to success is not always a straight line.

In this workshop you'll explore techniques and tools for creating an organization where innovation will flourish, an organization where people feel free to try new ways of doing things.

Give people a problem to solve, not a solution to implement. When they feel a sense of emotional and intellectual involvement, they'll go the extra mile to make things work. Administrative staff, production workers, accountants, executives: everyone has unique insights and perspectives. We'll explore the benefits to be gained by giving people a chance to work with each other on creative problem solving, a chance to look at issues outside their job description.

This workshop will help you create a workplace where diverse perspectives come together in a shared vision.

### Mindfulness at work. It works!

Our minds are under siege! We're consistently connected—but not always at a deep level. We tweet, surf the net, and check our phones. We've got more information and more entertainment at our fingertips than ever before. We find it hard to concentrate on one thing. Even when we aren't diverting ourselves with technology, we rarely live in the here and now. We fill our minds with stresses, worries, and regrets.

Let's stop, breath, and relax—and find space for clarity and awareness. Mindfulness meditation allows us to exist in the moment, letting go of judgement, fear, and anger. Too much woo for you? It's true that meditation is a part of many esoteric traditions; but meditation is also evidence-based and fully compatible with a purely scientific perspective—you don't have to be on a mystical path to gain the benefits. In this workshop we'll look at some of these benefits: improvements in physical health, memory, cognitive functioning, and mood.

Meditation also makes economic sense. Organizations such as the Harvard Business School, Google, Intel, and Target are making use of meditation to improve productivity, decision making, and well-being. This workshop can help you build a mindfulness culture in your workplace.

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*Gordon did a wonderful job! I was on a tight deadline and he was able to meet it with flying colors despite our 18 hour time difference. He told me he would have it to me by the time I woke up and he fulfilled his commitment! His writing was not only timely, but creative as well which is something I needed. He also communicated well with me. I wouldn't hesitate to use him again!*

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