Centered leadership is a trained response.

Leadership development, *powered by meditation*

Six live classes on Zoom that train you to notice pressure sooner, learn to pause, and lead with presence and intention, as the best version of yourself, inside the leadership day. For your team, or in private.

Six live 60-minute classes on Zoom · Two private one-on-one coaching sessions with Marcelo · Six to twelve weeks

The six classes follow the Return Loop

Notice → Pause → Choose → Re-enter and again

01 The reaction you didn't see

Walk back a real moment and recognize your response.

02 Where the shift shows up

Catch changes in thinking, body and emotion earlier.

03 Inside the pause

Make space between impulse and response: the pause breath, a short meditation, a busy mind.

04 Choose

Use the Check-In to consider what the moment needs, and rehearse a response.

05 Re-enter

Bring your choice into the conversation with the In-the-Moment Reset, and choose again.

06 Make it yours

Bring the tools into one real day. Keep what fits and build a practice you can use.

Practice together. Learn by doing.

Experience before explanation: short lessons, realistic work situations, guided meditation and gentle movement, live on Zoom, with time to rehearse. Beginner-friendly. Classes are never recorded.

Between classes

Your private portal with the six-question Log, a short recap before each class, class materials, cue cards and the Your Practice guide.

Two coaching sessions with Marcelo

At the midpoint, adjust the practice to fit your day. After the final class, shape the practice you will keep.

For your team: $2,500 for up to five people, $400 for each additional person, up to ten. **In private:** $1,500 for the full program.

Let's find a schedule and rhythm that fit you.

corporatemeditator.com/sixclasses
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The Corporate Meditator™ is an educational movement and meditation experience. It is not medical advice, mental health treatment, or psychotherapy.