

Burnout is at an all-time high for people who lead from the middle of their organization.

When everything feels urgent, and things keep changing, it's hard to prioritize and focus.

Stress and exhaustion lead to disconnection from our teams and from ourselves.

Disconnection makes work harder and less fun. It's a vicious cycle.

We need a better way to manage. That new way begins with leading ourselves, with more presence and less stress.

Join our mindful leadership revolution,
created to support managers in the middle.

Human.Being.Leader.

Go from stressed and disconnected to calm,
confident, and capable in your role as a leader.

(Psst, you're a leader whether you're somebody's boss
or not.)

Register now:

<https://www.huntergatewood.com/human-being-leader>



From a H.B.L. alum: "This course goes beyond a standard 'boxed' leadership course to get to the 'root' of many of our patterns and challenges. It bridges the body-mind connection from the individual to the group level."

What You'll Learn

- The Body-Brain Science of Stress and Mindfulness
- How to Lead Yourself and Others with Presence
- Mindful Practices for Individual Wellness and Team Health
- How to Build Trust and Promote Inclusion in Work Relationships
- How to Transform Conflict

How You'll Grow

- Improve the quality of your everyday working life, with skills and steps to evolve team culture.
- Improve your health and decrease stress at work.
- Become skillful at de-escalating stressful situations and false urgencies.
- Start to overcome perfectionism, learning the power you have in your work and with your teams, and the (helpful) limits to that power.
- Build the kind of connections (in-person and virtually) that help teams thrive.
- Enjoy your leadership journey more with your primary team at work!

How It Works

- Eight weekly live sessions online
- Private course platform with all course info, materials, short reading assignments and videos, our live session recordings
- Weekly action steps for participants to try in their daily work with their teams

Who You'll Be Learning From



Hunter Gatewood is a grizzled veteran of systems change in complex industries, and a proud recovering know-it-all. He works as an instructor and leadership coach. Hunter teaches individuals and teams how to build their dream team through tactical moves and healthy work relationships. He is a social worker with experience in process redesign, quality improvement, and learning networks, mostly in the complex world of health care. His course “The Six Culture Builders for Team Leaders” (the source for his part of Human.Being.Leader.) is the shortest and most encouraging leadership program out there for people who lead from the middle of their organization.



Rebecca Bromberg is a body-mind healing coach, mindfulness instructor and nonprofit consultant who found her path to calm the hard way. She helps professionals transform from running on fumes in survival mode to thriving with calm confidence. She is the founder of Sole Clarity, where she has led mindfulness instruction and strategic consulting for community health nonprofits since 2016. She is also the creator of Finishing School, a community and program where mindful self-awareness is the foundation for growth and success. She is trained in Mindfulness-Based Somatic Healing and has had a steady mindfulness practice for over 20 years.

Take the next step in your leadership journey.
Join other leaders in the middle. Grow in a supportive group.

Enroll as an individual or as a group. Enroll yourself or leaders you support.

Register now: <https://www.huntergatewood.com/human-being-leader>

- **Early Bird enrollment, through December 15**
 - \$800
 - \$700 per person for groups of 3 or more
- **Regular enrollment, December 16 to January 17**
 - \$900
 - \$800 per person for groups of 3 or more
- Registration closes January 17th

Still considering?

Contact Hunter and Rebecca directly with questions and ideas: hunter@huntergatewood.com

We will get back to you to help you decide if this is a match for your or your team's needs and goals. No sales pressure, promise.