

KOHLER[®] Experiential Learning Center

Innovative team and leadership development solutions.

MIND, BODY, BREATH

Through this unique experience, participants build self and team awareness in a healthy, insightful way.

How Does It Work?

Working on flexibility, the day will start with a one-hour yoga experience. The purpose is to build awareness of health and wellness and to set the tone for the day for experiencing learning in a relaxed environment. Teams will participate in a two-hour FIRO-B workshop or a six-hour Emotional Intelligence workshop. Both assessment workshops are designed to build awareness of interpersonal needs. Prior to the program, teams will complete an online assessment. The program will end with candlelight yoga or a nature hike. Mind, Body, Breath is available as a half-day or full-day program, depending on the assessment workshop you choose.

How Do Participants Benefit?

- Improved physical and interpersonal flexibility
- Builds self and group awareness
- Improves interpersonal dynamics

Half-day or full-day options

5-25 participants

Why Choose the Kohler Experiential Learning Center?

The Kohler Experiential Learning Center promotes team building, helping your organization achieve increased success. Because our learning solutions are customized around your organization's needs, you can expect powerful results. Collaborative by nature, our world-class team-building and leadership-development programs will help you and your team discover new ways to work more effectively and efficiently together. Our talented development professionals are experts at facilitating fully inclusive and interactive experiential learning programs designed to increase engagement, improve communication and build trust.

For more information, visit KohlerLearningCenter.com, E-mail kelc@kohler.com
or call 866-366-4664 or 920-457-4441 ext. 77017.