

ART Work

POWERED BY CONNECTION



TRAINING
CONSULTING
COACHING

A global provider
of Authentic Relating
training, consulting, &
coaching for companies,
organizations, and
everyone at work.

About ARTWork

Bring out the best in your team with transformational experiences backed by world experts in mindful communication, emotional intelligence and authentic leadership.

The practice of authentic relating has revolutionized diverse workplaces around the world, resulting in high employee attraction and retention, a culture that welcomes all perspectives and benefits from their contribution, and alignment among all stakeholders in understanding, upholding, and updating the values of the organization.

ARTWork promotes a work environment that is deeply connected and socially vibrant. Our tools and skills foster company cultures grounded in cohesion, clarity, and collaboration. Cultivate a workplace that recognizes and invites the whole human to co-create and participate in a positive, mature, and fulfilling workplace.

“The content and exercises in this course are completely transformational.”

Elizabeth Blue, ART Level 1
Course Graduate



“Our team came away feeling empowered to have the kind of challenging conversations that elevate us to higher levels of productivity and professionalism. I’m proud of the work environment ARTWork helped us to create.”

Peter Fabish, Co-Founder and Partner,
Conscious Family Law



Our Reach

Our parent company, ART International, is the world’s leading provider of authentic relating training for individuals, couples, families, and organizations. ART’s courses and programs have been delivered to thousands of people in over 50 locations around the world and online.

Our Clientele

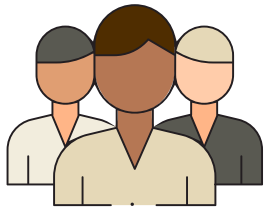
Whether you’re an individual, team, or company—if you’re ready to level-up and improve your work life—ARTWork has a solution.

Individuals: join one of our recurring public trainings

Teams & Companies: work with our team for a private, tailored training

Program Overview

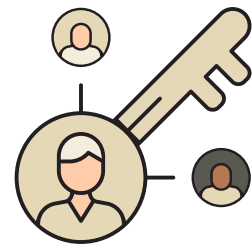
ARTWork provides experiential training programs that combine team cohesion, emotional and relational intelligence, and authentic communication. Together, these skills instill practical tools that can be applied immediately in life and at work. Building upon the foundation of the Five Practices of Authentic Relating, we provide training that results in the key building blocks of an authentic workplace:



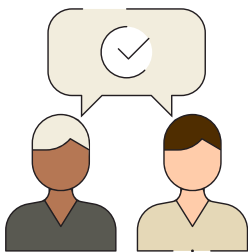
**Authentic
Leadership**



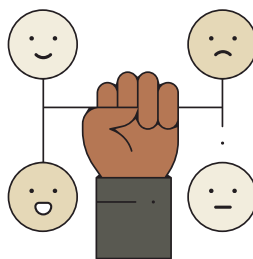
**Conflict
Transformation**



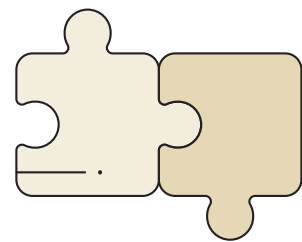
**Empathy, Dignity
& Humility**



**Active Listening
& Relational
Communication**



**Self-management &
Authentic Expression**

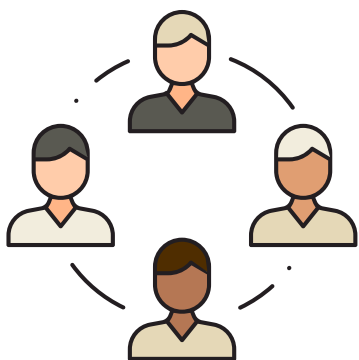


**Self-Awareness
& Vulnerability**



Structures

The ARTWork journey begins with a 2-day in-person training or a 6-week online series. Whichever option is right for you (or your team)—each track is highly engaging and interactive. Both include: transformative teachings, experiential exercises, paired and group activities, and after-class practices and applications.

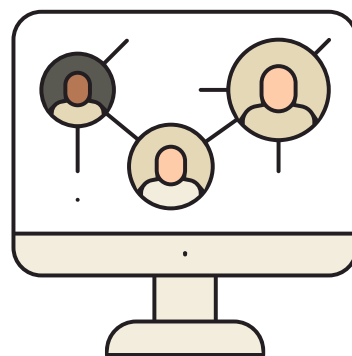


Live Training

(14-16 hours total)

Delivered in modules
over 2 days.

or



Virtual Training

(18 hours total)

Weekly 3 hour calls
over 6 weeks.

Curriculum

To build cohesive and collaborative teams, our core program focuses on:

- The Five Practices of Authentic Relating, and how to implement them in the workplace
- Skills to guide conversations toward deeper, more honest and vulnerable layers
- Communication tools to engage in authentic relating with everyone at work and home
- Deep listening skills, and how to reflect, share impact, and give advice
- The power of genuine curiosity, and how to use it to reveal hidden layers and unspoken perspectives
- Conflict Transformation, and how to guide conversations to transform any conflict into greater understanding and closer connection
- Wellbeing and self-awareness
- Human connection and psychological safety
- Personal resilience & emotional regulation
- Clear and transparent communication
- Inclusion and identification with company values that promote collaboration and innovation

“To say it’s a game changer is an understatement.
I have witnessed a dramatic shift in the way
our teams communicate and problem solve
in a fast paced work environment.”

Yoshi Aono, CEO, Sun Wellness

Outcomes

The tools, practices, resources and exercises you'll learn will help you to:

- Deliver and receive feedback in a clear, actionable and constructive way (ART of Feedback)
- Uphold and convey company values in an explicit and flexible manner which team members and clients can relate and identify with (ART of Setting Context)
- Engage in transparent, responsible and authentic communication to foster a culture based on integrity, accountability and clarity (ART's Five Practices)
- Transform conflict and tension in a manner that promotes understanding, empathy and connection (ART of Conflict Transformation)
- Develop a witness-mindset and listening skills that promote psychological safety for conversations that can hold multiple perspectives (ART's Listen/Reflect/Impact sequence)
- Develop more trusting relationships with stakeholders and clients (ART's Three Levels of Conversation framework)



The ARTWork Standard

We always strive to offer every possible resource to effect transformation for our clients:

- Senior Facilitators with corporate experience and extensive training in the corporate and executive domain. Our Senior Facilitators live and breathe this practice and speak from their applied experience
- Flexible travel schedule. Our on-site training programs fit our clients' needs.
- Pre-course diagnostic interviews with selected participants to ensure precise delivery of the material to focus on specific points of tension or need
- Functional, practical, actionable tools and skills designed specifically for corporate clients that have been proven in the field, thousands of times



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Start with ARTWork

Please get in touch with us to schedule a call with one of Senior Facilitators to explore and identify the solution that best fits your needs or those of your organization.

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authenticrelating.co/ARTWork