



Format:
**Webinar, Keynote,
or Workshop**

Duration:
60–120 Minutes



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Saboteur, Schmabaoteur!

Laughing your way to mental fitness

Session Overview

Whether you call it a saboteur, gremlin, inner critic, or judge, we all have a voice inside ourselves that keeps us from reaching our full potential. This session looks at ways to set you free from that voice through laughter and acceptance instead of hard work and drudgery.

Based on the groundbreaking work of Shirzad Chamine, author of Positive Intelligence, this session looks at the 10 different ways your saboteur can show up, and what you can do to keep it from driving you nuts.

Learning Objectives

After this session, participants will be able to:

- Identify their top saboteurs using a free, anonymous, self-scoring assessment
- Recognize when they're in the grip of their top saboteurs
- Use five sneaky-but-soulful techniques to give your inner saboteur a cookie, a blanket, and a comfy nap spot so it finally stops yapping. Including:
 - Channeling your inner therapist with empathy and compassion
 - Poking around curiously with zero judgmental side-eye
 - Breaking up with boring by innovating beyond the usual
 - Making decisions that actually feel good (radical, right?)
 - Taking action like a boss—with clarity, focus, and zero existential spirals