Presentation & Training List
Skip Hudson LLC

Title	Description	Presented to:	Total Duration	Style	Practices or Segments
Becoming Your Own Best Friend	Making Friends with Yourself (MFY) Core Skills for teens	Cranbrook Academy	2 hrs	Powerpoint & Handout	Focused Listening STOP 4/7 Measured Breath Soles of Feet Treat of Friend Focused Walking A person just like me
Successful Service Based Leadership	Intro to MSC for Teens	FMHS Senate	1 hr	Spoken	Treat of Friend Savoring & Gratitude
How to feel better about Yourself & Others	Series on MFY core concepts for teens in five 45 min long segments	FMHS Students	3.75 hrs	Spoken	Know you are not broken, crazy or alone Love yourself Know yourself Accept what is Embrace Life
D-51 Mindfulness Classroom	Series on MFY core concepts for teens in four 45 min long segments	R-5 High School	3 hrs	Spoken	Paying Attention on Purpose Mindfulness & Resistance Motivating with Self Compassion Joy, gratitude, savoring
Making Friends With Yourself - 8 week	Full 8-week course with eight 1.5 hr classes	private group	12 hrs	spoken & Handout	Full MFY set
Making Friends With Yourself - 16 week	Full 16-week course with sixteen 1.0 hr classes	HTOP RYS	16 hrs	spoken & Handout	Full MFY set
Emotional Intelligence for Entreprenuers	Presentations on selected MSC core concepts in four 1-hr segments - somewhat focused on entrepreneurs	SC Small Bus Dev Center	4 hrs	Powerpoint, A/V recordings	Part 1 - Intro to Mindfulness Part 2 - Living Your Best Life Now Part 3 - Busyness Part 4 - Stress Management
Intro to MSC - 1 hr	For anyone, anywhere	TCAF Conference	1 hr	Spoken & Handout	Mindful Listening Aware in Your Chair Treat a Friend Self-compassion Break
Leadership Intro to MSC	for leadership prior to teaching ER course	HTOP	2 hr	Spoken & Handout	Treat a Friend Supportive Touch Self-compassion Break Soles of Feet Affectionate Breathing
Intro to MSC - 45 min	Overview Prior to MSC course	HTOP, PCP, Private	45 min	Spoken	Mindful Listening Short Self-Compassion Break Treat a Friend Soles of Feet
Mindfulness & Work Safety	Relationship between paying attention and OSHA safety stuff	HTOP	50 min	Spoken	Soles of Feet Measured Breathing Mindfulness in daily life
Self-Service: Filling up on Antidotes to Busyness	This is not time management. Learn how we get trapped into busyness and how to get out of the trap.	Co Nonprofit Assoc Convention	1.5 hrs	Powerpoint & Handout	Mindful Listening soles of feet Affectionate Breathing Treat a Friend Self-Compassion Break
Reducing Caregiver Fatigue & Burnout	Learn ways to buffer against the fatigue of caretaking, whether you care for someone at work or at home.	HTOP, Royce Hurst, Statewide Shelter Conv.	1.5 hrs	Spoken & Handout	Supportive Touch Soles of Feet Self-Compassion Break Compassion with Equanimity
Simple Stress Management	Quick intro to topic with some tools	CNS	30 min.	powerpoint & Handout	STOP Aware in Your Chair Supportive Touch
Word Weaving Guided Practice	Using the power of language to create a positive tapesry of participant	HTOP, APS	30 min.	Spoken & Handout	Guided practice

					Identify source of judgement
Advanced Managing Judgement From Others	Practice only for now - need intro	APS	30 min.	Spoken & Handout	Evaluate authority to judge
					Explore self experience with judgement
					Name, Feel, Soften, Soothe, Allow
Advanced Understanding & Managing Shame Part 1	New perspectives on Shame - generally why it happens, your role in it, and what to do about it	APS	45 min	Spoken & handout	Overview
					Intro to Rose Tool
					Explore Language of Shame
					Releasing general negative aspects of Shame
					Reinforcing general positive supporting aspects
					Ongoing Practices
Advanced Understanding & Managing Shame Part 2	Shorter summary of Shame - working with specific experience of shame	APS	45 min	Spoken & Handout	Summary - Repeat
					Intro to Practice of Shame Resilience
					Written/Reflective evaluation of Experience
					Practicing critical awareness
					Name, Feel, Soften, Soothe, Allow
					Ongoing Practices
EMOTIONAL RESILIENCE SERIES (1-hr) or MINDFUL SELF-COMPASSION SERIES (2.5-hr)		Various Groups			
1) Intro to Emotional Resilience	Understanding how mindfulness and self-compassion improve personal wellbeing		1.0 - 2.5 hours	Spoken & Handout	ER Set or Full Set of practices
2) Practicing Mindfulness	Learn to bring mindful awareness to present-moment experience. Understanding how resistance causes suffering.		1.0 - 2.5 hours	Spoken & Handout	ER Set or Full Set of practices
3) Practicing Loving-Kindness	Understanding the difference between loving-kindness, compassion, and mindfulness		1.0 - 2.5 hours	Spoken & Handout	ER Set or Full Set of practices
4) Strengthening Your Compassionate Voice	Practice loving-kindness meditation using phrases and breath. Learn how to motivate yourself with encouragement rather than criticism.		1.0 - 2.5 hours	Spoken & Handout	ER Set or Full Set of practices
5) Living Deeply	Discover your core values - what gives meaning to your life in spite of cirumstances. Learn to reorient yourself to those values in daily life.		1.0 - 2.5 hours	Spoken & Handout	ER Set or Full Set of practices
6) Meeting Difficult Emotions	Learn to transform difficult emotions. Understand and alleviate the impact of shame.		1.0 - 2.5 hours	Spoken & Handout	ER Set or Full Set of practices
7) Managing Challenging Relationships	Learn to use self-compassion to meet your unmet needs in a relationship. Understanding equanimity and managing caregiver fatigue		1.0 - 2.5 hours	Spoken & Handout	ER Set or Full Set of practices
8) Embracing Your Life	Practice savoring, gratitude, and self-appreciation as corrective measures for the mind's natural negativity bias		1.0 - 2.5 hours	Spoken & Handout	ER Set or Full Set of practices
Emotional Resilience - 2 x 4hr	MSC Core Skills in two 4-hr blocks	Ariel & HTOP	8 hrs	Spoken & Handout	ER Set of practices
Emotional Resilience - 5 x 2hr	Being at Ease - MSC Core Skills in five2-hr blocks, with retreat	PCP & HTOP	10 hrs	Spoken & Handout	ER Set of practices