



Wise Humanity

One-Hour Workshop Series

Twelve tools to boost empowerment and well-being

Wise
Humanity

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waking up to

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Imagine a resilient, sustainable organization made of cohesive, diverse teams that work together towards a common purpose; fulfilled individuals who make an impact with their innovative ideas; egoless, authentic people who inspire and empower each other; engaged clients who think working with you is fun.

What could you not achieve?

What we do at Wise Humanity

At the end of our programmes, people report experiencing a major inner expansion, more strength, empowerment, openness, authenticity, much more happiness, fulfilment, better relationships, clarity on what they want in life, and breakthroughs on all levels.

One of our last students – a multi-entrepreneur – at the closing session of a recent Wise Humanity course said: "I finally feel prepared for life."

What we do for companies

We bring all the above inside an organisation.

Whether it's the whole staff or the management team, we bring the people from an organisation together, we help them develop tools that enable them as fulfilled individuals, and we help them integrate those tools inside their everyday work.

The language changes, the company culture evolves, people connect more easily, openly and productively, conversations become more simple and focused on common goals, processes become more efficient, creativity and problem-solving get boosted to new levels, inspiration and motivation permeate the fabric of the company, the whole organisation becomes intrinsically resilient and flexible, more fun, a greater place for people to work and a much nicer partner for clients to work with.

How we do it

The element that makes our programmes stand out is their practical nature. Participants work in small groups to apply each new tool to their lives immediately, so their mental frameworks and even their lives start to change during the workshop itself. They start empowering habits and adopt new perspectives that keep developing and deepening for the rest of their lives.

Depending on the company's culture and objectives, we offer a variety of corporate programmes ranging from one-hour workshops to half-day workshops, to multi-day boot camps.

One-Hour Workshops

These are typically one-hour events, each one focused on one simple yet powerful tool of applied wisdom and emotional wellbeing that we discuss and practise at the workshop. The series comprises twelve workshops.

The participants – from few people to hundreds (we ran one for 450 people recently) – can start using this empowering tool immediately, thus tackling everyday challenges more effectively and from a better emotional state.

The workshops will introduce new vocabulary which, shared across the organisation, will reinforce the power and impact of the new tools.

Imagine when important conversations and tasks in a company – around making decisions, setting goals, creating strategies, solving problems, navigating uncertainty or developing talent – are boosted by a common empowering language and by powerful shared tools.

The Wise Humanity One-Hour Workshops at a glance

The Second Arrow

Dodging the tricks the voice in our head plays on us.

Mindfulness and Presence

Enjoying every moment and boosting our effectiveness with presence.

Dysfunctional Coping Mechanisms

Dropping guilt, blame, excuses, worry and complaints.

Good Thing, Bad Thing, Who Knows?

Unsticking ourselves from bad situations and moving on.

Wonder and Awe

Boosting curiosity, creativity and joy.

The Practice of Gratitude

Building a life of gratitude and profound happiness.

Other-Centered Universe

Creating deeper connections with the people around us.

Walking with Purpose

Finding a profound sense of purpose in everything we do.

Living by Your Values

Using our values as a powerful lighthouse.

Focus on the Journey

Letting go of control and embracing every step of our life journey.

Self-Love

Loving ourselves to improve all our vital relationships.

Giving an A

Extending radical empathy and radical respect to the people in our lives.



Detailed Description

The Second Arrow

We think we live in reality, but most often we live in the narrative created by our internal monologue. The voice in our head provides a constant narration, complete with interpretations, judgements and self-judgements, and our emotions arise as reactions to this narration. And very often, whatever difficult situation we're in, the voice in our head exacerbates it. That's what we call the second arrow and, at this workshop, we teach a super effective tool to dodge it.



Mindfulness and Presence

The present is the most important time we have and being present is a booster of all our activities. At this workshop, we talk about the harm of mind-wandering (the opposite of being present), practise mindful eating (to experience how presence enhances our experience of even simple daily actions), and discuss a tool that brings much more mindfulness into our lives and, with it, more effectiveness and peace of mind.



Dysfunctional Coping Mechanisms

When facing hardships and difficult situations, we often resort to coping mechanisms such as feeling guilty, blaming others, worrying, finding excuses and complaining: they give us an illusory relief and help us cope with adversity but don't really provide any help in freeing ourselves from them. At this workshop, we practice a simple tool that helps us find more empowering ways to reframe and unstick ourselves from those difficult situations.



Good Thing, Bad Thing, Who Knows?

Sometimes, when we go through uncertainty and adversity, we try to "think positive." At times it works, but other times it doesn't because, ultimately, we know we're forcing ourselves to ignore the negatives and we end up bouncing between positive and negative, feeling like we're fooling ourselves. At this seminar, we practise a powerful tool, based on an old Sufi tale and modern neuroscience, that helps us navigate adversity and bounce back from bad situations more quickly.



Wonder and Awe

One of the great joys of working with children is experiencing their wonder and awe as they discover the world. We know that feeling, but as adults, we don't reach for it as often, even though it's an immensely powerful way to recenter ourselves emotionally and tap into our inner source of joy. In this workshop, we practice noticing the awesomeness that surrounds us every day, just waiting to be recognized and lift our spirits.



The Practice of Gratitude

Studies show that people can easily and quickly learn to generate a sustained, glowing feeling of gratitude inside, and that gratitude is consistently correlated with happiness. Gratitude is a turbocharger of our everyday emotional undertone, motivation and wellbeing. At this workshop, we learn how to go beyond thinking, to *feeling* gratitude on a deeper level, and how to develop a practice of gratitude that can nurture a profound sense of happiness.



Other-Centered Universe

The structures and stresses of modern life often push us into seeing ourselves as separate individuals who need to fight for survival; “me against the world” can become our default mode. This can happen on the surface and also on a more subtle, unconscious level, and can leave us feeling alone, alienated, anxious and unfulfilled. But what happens if we put someone else at the center? In this workshop, we explore ways to break out of me-centered mental habits and connect with others through selfless compassion.



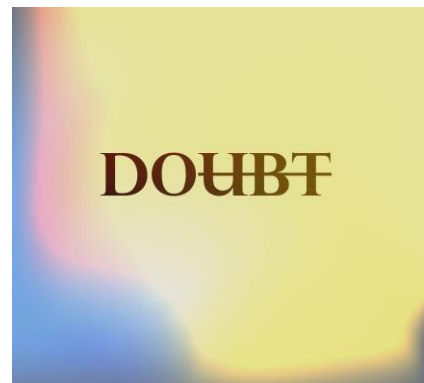
Walking with Purpose

In modern society, when we feel unmotivated or lost, we’re often told to find our passion or our purpose. But passion and a sense of purpose are not something we find “out there”; they are something we ignite inside ourselves. In this workshop, we rekindle our felt sense of purpose by understanding how everything we do is part of a great web of interconnectedness, and how our actions leave a long, impactful and wide-ranging legacy.



Living by Your Values

Our values are the most powerful lighthouse to guide our decision making. Oftentimes, we make decisions or take actions that aren’t completely aligned with our values, we blame it on the circumstances and move on. But deep inside, we’re creating a fracture, a wound that keeps haunting us. We often think we know our values, but when (too) many values are important to us, then none is a real driver. At this workshop, we reduce the list of significant values to just one or two that we profoundly identify with, which has an extremely empowering and inspirational impact on us.



Focus on the Journey

We often unconsciously train ourselves to delay our happiness. We think we will be happy one day in the future, when certain conditions or goals are achieved. We treat the present moment as but a means to an end, and thus we create an ingrained habit that prevents us from feeling joy and fulfillment every step of the way. At this workshop, we break that self-limiting habit and enjoy the journey of life as it is lived, in the present moment.



Self-Love

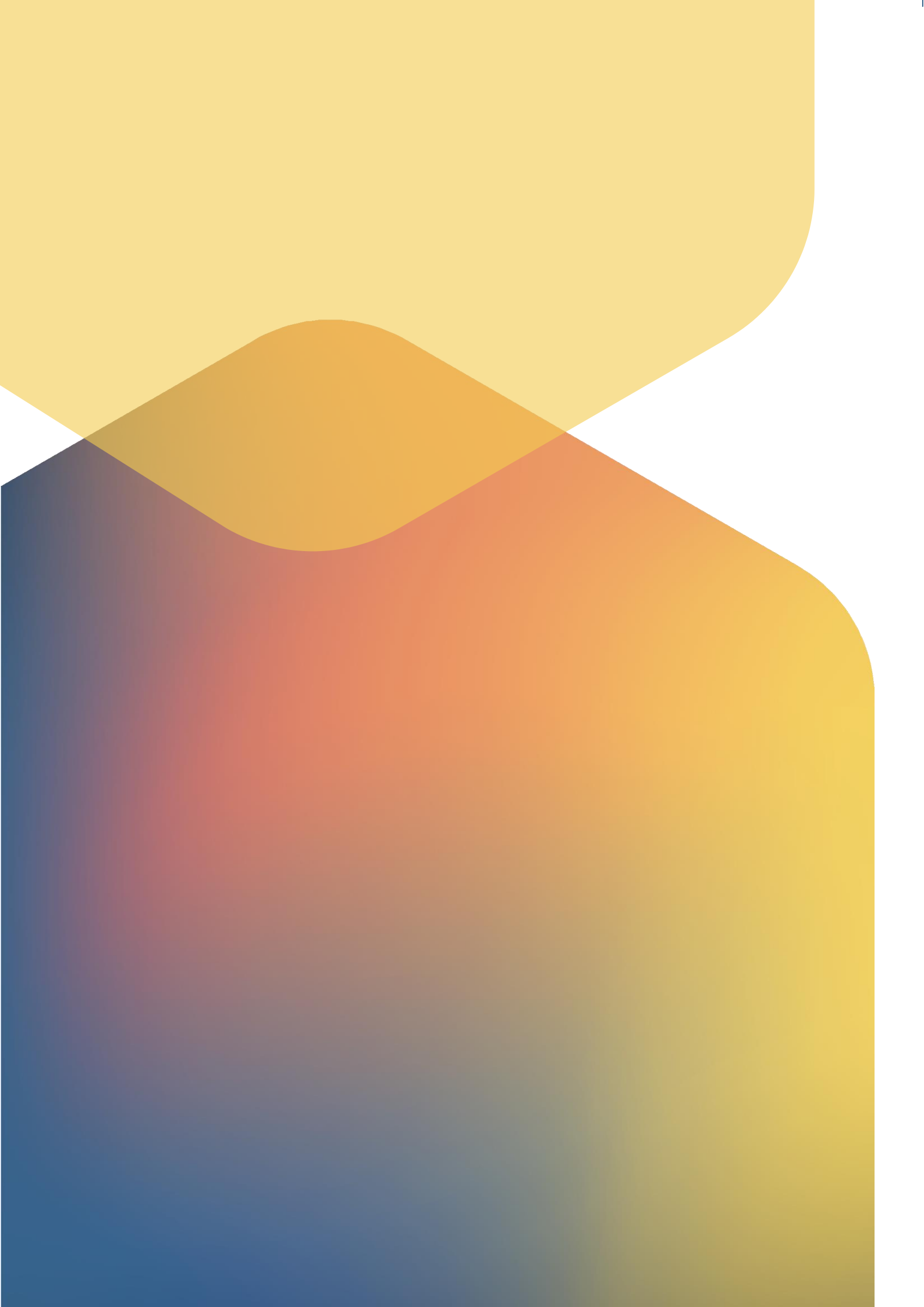
In our relationships with others, we often recreate the relationship we have internally with ourselves. This is true on a very deep level, often beyond our daily awareness. A fracture within can cause instability and stress throughout our lives. At this workshop, we address self-love directly, the concept of self-image, and we follow its repercussions in our vital relationships.



Giving an A

Sometimes life can seem like one grand competition for high grades. As children, we are sorted by age and ability, and constantly evaluated and compared to each other. As adults, we still experience a pecking order, living in a world of measurement and trying to measure up. But deep down, we know that our purpose in this world is not to judge each other or impress. In this workshop, we explore ways to extend radical empathy and radical respect to the people in our lives, to bypass judgments and forge authentic connections.



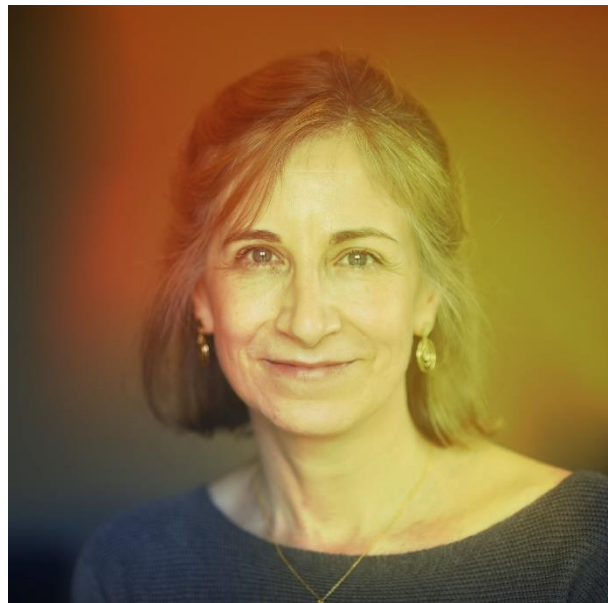


Elisabeth Sperling

Elisabeth Sperling is a lifelong educator, with a passion for sharing conversations and experiences in which all parties learn and grow together.

Based in New York, she has been a personal development coach and facilitator since 2015, leading weekend workshops, on-site corporate trainings, and online courses internationally. Her current work is underpinned by her many years studying and teaching global history and wisdom traditions.

Elisabeth holds a BA from Harvard University in Russian and Soviet Studies and an MA in Teaching from Columbia University. She taught world history for fourteen years and worked on a national level to promote the globalization of history curriculum in secondary schools. She also supports students and scholars as a writing coach and editor, and has produced a feature-length film about creativity and collaboration.



Among other eclectic interests, Elisabeth is a student of meditation, an avid reader, traveler, and photographer, and enjoys vegan cooking and volunteer work.

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Wise Humanity is the culmination of my lifelong study of global wisdom and my dedication to education. At the heart of all teaching is the goal to uplift, and at the core of all learning is the wish to live our best lives. I love that at Wise Humanity, we directly address what is most important to each of us.

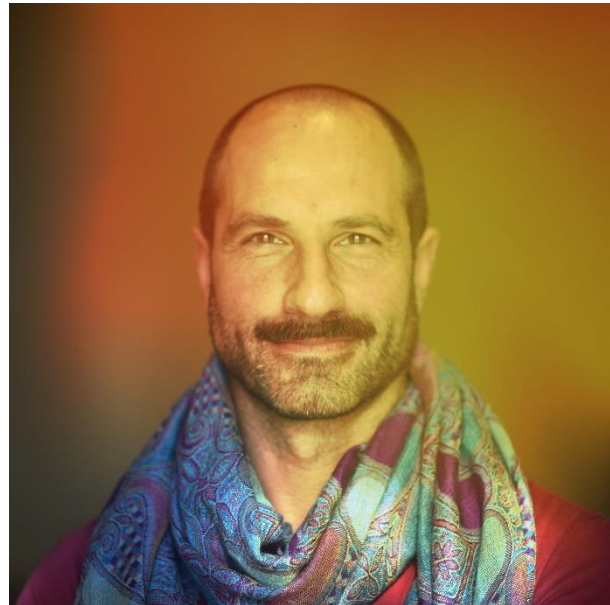
– Elisabeth Sperling

Davide Pagnotta

Davide Pagnotta holds an MSc in Physics, an MBA from London Business School and a Coaching Practitioner Diploma from the Academy of Executive Coaching of London.

For 20 years, Davide enjoyed an international career in a variety of manufacturing and infrastructure industries.

His corporate life culminated in heading a Business Unit for a global Engineering and Construction company. He then decided he had achieved the zenith of his corporate career and could use his leadership and people skills in a more fulfilling, impactful way. That's when he became a coach and a teacher of personal growth programs, and later a co-founder of Wise Humanity.



Davide's vision is to launch and support individuals and businesses on a journey of enhanced fulfilment and higher consciousness, to build a better future for themselves, their communities and the planet. Among other eclectic interests, Davide enjoys painting oil portraits, has a passion for different forms of theatre, and is an avid book reader, cinema-goer and globe trotter.

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Wise Humanity is my way to pay forward all the happiness I've had in my life, the incredible opportunities and learnings, the practical wisdom tools I've learnt and developed, and all the love I've received. It's at the same time the place where all my eclectic past unites and finds meaning, and my way to share it all to help people enhance their entire experience of life, find fulfillment and their own meaning.

- Davide Pagnotta



Wise Humanity is
dedicated to helping
people unlock their
inner resources, break
through self-limiting
beliefs, and live
authentic and fulfilling
lives for themselves
and society as a whole.