



# YOL

## Transformative Experiences for Professionals and Teams

Traditional methods have proven outdated in building the kinds of leaders capable of motivating today's employees and customers. Drawing on evidence-based science, YOL is closing this skill gap through experiential learning programs that generate optimal business results by elevating compassion, performance and productivity.

### What We Offer:

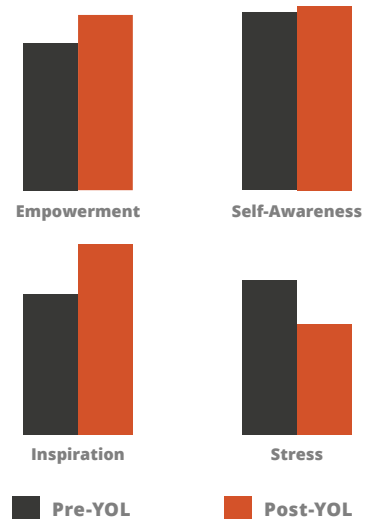
YOL delivers transformative experiences for professionals and teams that combine wellness training and mindfulness-based service engagement as a foundation for leadership development.

Our programs have successfully accelerated the development of high-potential talent, aligned diverse teams for success, and prepared the next generation of women in leadership, among other use cases.

Companies work with us to improve:

- Business performance
- Leadership impact
- Team alignment
- Productivity and resilience
- Change leadership
- Stress management
- Culture-risk mitigation
- Corporate social responsibility

### The Impact of YOL: Key Outcomes



Key outcomes based on survey results, pre- and post-YOL experience, Spring 2017. Source: Berkeley Well-Being Institute

### OUR PROGRAMS

#### YOL Single-Day Programs

"Reset" days for teams to recharge, develop trust and improve collaboration.

#### YOL Leadership Intensives

Multi-day programs for leaders and teams that address specific business objectives.

#### YOL Custom Experiences

Experiences that align dispersed teams and energize workforce initiatives.



**Transformative Experiences  
for Professionals and Teams**



## Program Features

YOL's programs utilize the latest evidence-based research from the fields of neuroscience, social science and psychology, as well as empirically-proven health and wellness practices. Our distinctive program pillars have been tested and proven impactful in today's dynamic, diverse and highly competitive work environments:

### **Experiential**

Effective learning happens through experiences that activate emotional circuits and strengthen adaptive ability, resulting in more efficient and innovative problem solving.

### **Emotional Intelligence**

Leadership which blends emotional resonance with moral and ethical values builds more trusting, productive workplace culture.

### **Purpose**

Studies prove that tapping into an individual and collective sense of purpose helps accelerate and sustain a culture of commitment and achievement.

### **Community Service**

Research confirms that successful leadership requires an understanding of societal and environmental issues outside the workplace.

### **Wellness**

Evidence demonstrates that wellness interventions drive performance by reducing employees' tension and stress while improving their cognitive ability.

### **Mindfulness**

Cultivating mindfulness builds self-awareness, focus, resilience and emotional intelligence essential to world-class leadership.

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**I CAN'T IMAGINE  
ANYONE NOT FEELING  
MORE CONNECTED TO  
THEMSELVES, MORE  
PASSIONATE ABOUT  
WHAT THEIR WORK IS,  
AND MORE READY  
TO GO.**

**Karen Hershenson**

Director, Clay Street Project  
Procter & Gamble's  
Innovation Group

## Among the companies and leaders we've worked with:



Contact us at 415.480.4676 or [sales@yoltrips.com](mailto:sales@yoltrips.com) and let us show you how to elevate your team.