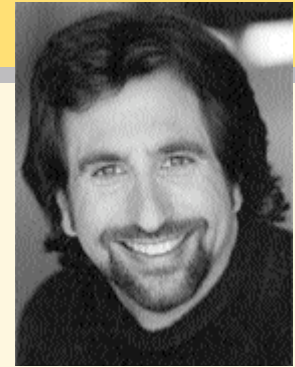


Time-tested tools for presence, productivity, and inspired collaboration.



What is Inner Management?

Inner Management is a set of simple, practical skills that allow both executives and staff to meet challenges in the workplace with peace of mind, powerful focus, and unsurpassed creativity. These skills bring dramatically improved results to:

- Stress reduction
- Change management
- Workplace communication
- Team building
- Leadership development



The same qualities that make a great manager of people and projects – insight, patience, empathy, flexibility – are also required when managing ourselves. Especially when it comes to hidden emotions and interpersonal triggers, wise Inner Management

can be the difference between success and failure. When the leaders of a company and the members of their teams are all great inner managers, anything is possible. But getting there requires a significant shift of perception. That's where we come in.

Who is Inner Management?

The principles and techniques of Inner Management are presented by Raphael Cushnir, author, speaker, and popular contributor to O, The Oprah Magazine. Cushnir is a leading voice in the world of present moment awareness and emotional intelligence. He has shared his unique approach with thousands of people nationwide in schools, businesses, spiritual centers and retreats. His first book, *Unconditional Bliss: Finding Happiness in the Face of Hardship*, was nominated for the year 2000 Books for a Better Life Award. His second book, *Setting Your Heart on Fire*, is used as a teaching tool in churches nationwide. His most recent book, *How Now: 100 Ways to Celebrate the Present Moment*, was named one of the Best Spiritual Books of 2005 by *Spirituality & Health Magazine*.

“Raphael’s presentation style is full of humor, humility, maturity, understanding and wisdom.”

AMY ELIZABETH FOX,
Executive Coach and Corporate Trainer

Cushnir is also an award-winning filmmaker. He wrote, directed, and produced a Showtime movie, *Sexual Healing*, starring Helen Hunt, Anthony Edwards, and Jason Alexander.

In developing the tools and trainings for Inner Management, Cushnir has drawn upon his years as an executive in Hollywood and Silicon Valley.

Why Inner Management?

Scores of studies have verified that a consistent sense of well-being is one of the most necessary components of peak performance. Inner Management is the simplest, fastest way to create such a state. It's jargon-free and accessible to everyone, from the CEO to the mailroom.

How Inner Management Works

The single most important thing a company can do to improve its bottom line is recognize and release its resistance. This practice is the key to Inner Management and is available nowhere else.

In any failed business post-mortem, the key question is: What difficult truths were staring us in the face that we were unwilling to see?

From the Inner Management perspective, it's essential for every individual on your team to ask this question right now – whether your business seems to be on the right track or is struggling terribly. Simply put:

You can never be blindsided by what you've already discovered.

Some Classic Examples of Workplace Resistance

- The quick-tempered executive who alienates everyone around him
- The team member who takes credit for other people's work
- Hurtful and ostracizing cliques
- Persistent negativity
- Defiance of authority
- An overly critical boss
- A passive aggressive assistant
- A pervasive atmosphere of cynicism and mistrust

Before your lecture and workshop I hated going to work. I love my job now. I work better with people, too.” –

TRACY SIMON, Seattle, WA

Demonstrable Results

Members of your team who learn the Inner Management approach will:

- Thrive amid challenges
- Defuse conflicts quickly
- Become more creative
- Mentor others

Inner Management Services

All of the following services are both scalable and customizable.

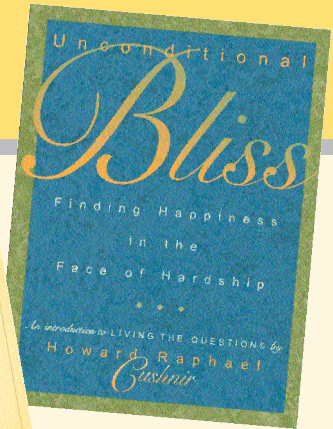
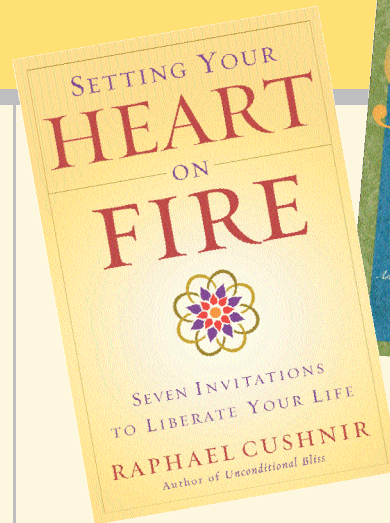
Inspirational Talks - to breathe a new sense of power and possibility into a division or entire organization

Two Day Trainings – to provide teams with everyday tools for healing rifts, increasing communication, fostering wellness, and exceeding potential

Executive Consulting – for key executives to improve performance or resolve persistent interpersonal issues

“This is the most elegant and practical process I have ever experienced for achieving a grounded sense of well being in the midst of intense emotional reactions at work.”

OCEANA LOTT, HR Executive



Clients

Raphael Cushnir has shared the principles and tools of Inner Management with employees of:

- Boeing
- Rockwell
- Intel
- Mary Kay Cosmetics
- Avaya
- Harvard University
- Microsoft
- Stanford University
- State of California
- Arizona State University
- Mothers Against Drunk Driving
- AOL Time Warner
- Paramount Pictures
- The Arts Organization
- Government of Aruba
- Marriot
- Hewlett Packard
- Levis Strauss
- Wachovia
- Wells Fargo

To schedule Raphael Cushnir as a presenter or consultant for your organization, to receive a video preview, or to learn more, please contact:

Inner Management
P.O. Box 68991
Portland, OR 97267
(503)344-4025
info@innermanagement.biz

To reach Raphael Cushnir directly for non-booking related issues:

rc@innermanagement.biz

