



Inspired Results Learning Lab Content Schedule 2024

2024- Month	Monthly Book Feature Audience: Open to All	Monthly Webinar Audience: Open to All	Alumni Event Audience: Program Alumni
March/April	<p>March Burnout - The Secret to Unlocking the Stress Cycle. Emily and Amelia Nagoski</p>	<p>April 4th, 9am - 12pm PT Banishing Burnout</p>	None
April/May	<p>April Permission to Feel Marc Brackett</p>	<p>May 3rd, 9 - 10am PT Working Webinar Title: Are you leveraging your emotional intelligence?</p>	<p>May 10th, 12 - 1:30pm PT IR Coaching Program (CCFL) Alumni Practice Session</p>
May/June	<p>May The Culture Code Daniel Coyle</p>	<p>June 7th, 9 - 10am PT Working Webinar Title: Are you building a culture of belonging</p>	<p>June 21st, 12 - 1:30pm PT DTL Alumni Gathering</p>
June/July	<p>June You're not Listening Kate Murphy</p>	<p>July 5th, 9 - 10am PT Working Webinar Title: Are you listening or replying?</p>	None

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July/August	July Fierce Self-Compassion Kristen Neff	August 2nd, 9 - 10am PT Working Webinar Title: Are you brave enough to love yourself?	None
August/September	August Quiet Leadership David Rock	Sept 6th, 9 - 10am PT Working Webinar Title: Are you leveraging neuroscience in your leadership?	Sept 27th, 1 - 2:30pm PT IR Coaching Alumni Practice Session
September/October	September Emotional Agility Susan David	October 4th, 9 - 10am PT Working Webinar Title: Are your values truly guiding you?	October 25th, 1 - 2:30pm PT DTL Alumni Gathering
October/November	October The Advice trap Michael Bungay Stanier	November 1st, 9 - 10am PT Working Webinar Title: Do you think your advice is helpful?	None
November/December	November Change your Questions, Change your Life Marilee Adams	Dec 6th, 9 - 10am PT Working Webinar Title: Is your judger showing?	Dec 13th, 12 - 1:30pm PT DTL & IRCP Alumni joint Gathering