

GOT WISDOM?

A science-based approach to wisdom literacy

We make around 35000 decisions a day. Most are intuitive and operate below our conscious level. This is ok when situations are routine, like driving a car or brushing our teeth, or remembering our dog's name. But some situations are complex and require **wisdom literacy**: nuanced perspective-taking, intellectual humility, psychological distance, emotional regulation, and educated intuitions. Our **Wisdom Literacy Workshops** can help you achieve peak mental performance and results when launching a new business, dealing with complex projects at work, managing interpersonal challenges, or simply striving for increased well-being. Register for one of our workshops and be prepared to change your world!

CULTIVATE WISDOM LITERACY AT WORK AND IN RELATIONSHIPS WITH OUR SCIENCE-BASED FRAMEWORK

- #1. **ASPIRATION.** START WITH A CHERISHED PRACTICAL PROJECT.
- #2. **MINDFULNESS.** LEARN HOW TO MINIMIZE FAULTY DECISION-MAKING.
- #3. **OPEN-MINDEDNESS.** DISCOVER HOW TO FOSTER NEW WAYS OF THINKING.
- #4. **SELF-REGULATION.** PROMOTE EMOTIONAL LANDSCAPING.
- #5. **INTUITION.** EDUCATE "THOSE GUT FEELINGS."
- #6. **UNDERSTANDING.** ESCAPE THE TYRANNY OF LANGUAGE.
- #7. **TRANSCENDENCE.** EMBRACE TRANSFORMATIONAL CHANGE.

THE WISDOM PROJECT WORKSHOPS

Groups start on Friday, Saturday or Sunday at 8 am, 11 am or 7 pm US EST
Each group meets online once a week, two-hours each time, for seven weeks
Sessions start the fourth week of the month

Cost: 500\$/participant. Discounts if needed, no questions asked.
To learn more contact us at DrIris@IrisStammberger.com

Dr. Iris Stammberger, the founder of the Wisdom Project, is a cognitive psychologist, management consultant, and mindfulness teacher who has created highly successful individual and collective transformation programs. Her work focuses on integrating cognitive science findings with management tools for better decision-making. Currently, she works as a consultant for companies in the Boston area and works as a stress reduction leader at the Center of Psychophysiological Science at Beth Israel Deaconess Medical Center, a Harvard-affiliated hospital.



The Wisdom Project

Changing our world, one project at a time

www.IrisStammberger.com

www.WisdomProject.Community

"WISDOM STARTS WITH WONDER", SOCRATES