

FOR IMMEDIATE RELEASE!

Building Trust and Collaboration at NOP

Feb, 2019 – Shortly after the federal government shutdown ended, USDA Agriculture Marketing Service (AMS), National Organic Program (NOP) management reached out to Comskil for assistance. As staff were returning to work, NOP management wanted to help them with the transition of returning to work along with focusing on processing, understanding the environment, and feeling empowered.

Comskil Coach and Instructor, Laurie Ellington was tasked to facilitate a SECURE™ Connections workshop for NOP staff. This workshop is an interactive brain-based team building workshop that draws on breakthroughs in modern neuroscience and high performing teamwork, providing fresh insights into the biology of engagement, trust building, collaboration, and group intelligence. Participants learn a science-based framework for creating a climate of trust and collaboration, along with strategies for improving collective decision making and complex problem solving based on how people learn new behaviors. Several adult learning modalities consisting of a mix of lecture/presentation, video, practice exercises, small group activities, and context-driven discussion will be utilized to deepen levels of learner engagement and relevancy to improving individual, team, and organizational performance. All learning modules are organized in a brain friendly manner that maximizes the learning experience and integration into the workplace environment

The workshop was held in early February and received rave reviews from NOP management and participants. Here is what one participant had to say, *“Not to clog your email, but I wanted to say THANK YOU, THANK YOU for the excellent session today. It blew my mind and explained A LOT. I believe it could be transformational to those open to exploring and applying the concepts. Once again, feeling fortunate to be part of a team that values and dedicates work time to this sort of information”*.

Featured Coach



Laurie Ellington, MA, LPC, RCC, PCC, HMCT has over 22 years of experience in coaching, training, consulting, leadership, facilitation and mind/body medicine, and is appreciated for her ability to help people reprogram their thinking and eliminate outdated habits that get in the way of excelling. Her philosophy is that change happens from the inside out versus the outside in, and people have the solutions within them. Ms. Ellington is the co-author of *Six Steps to Unlocking Extraordinary Leadership: The Neuroscience of High-Performance Leadership*. Combining research from neuroscience, mindfulness, quantum physics, heart intelligence, and flow, she helps individuals, teams and organizations experience transformational shifts in the way they think, feel, and show up in the world.



Ms. Ellington is Adjunct Faculty with the Office of Personnel Management's Center for Leadership Development, where she facilitates Neuroscience of Leadership, Stress Resilience/Mindfulness, Brain Based Tools for Accessing Flow States of Consciousness, and Emotional Intelligence programs for federal government leaders within various agencies across the continental US and at the Federal Executive Institute and Eastern Management Development Center. She is an instructor at the Maryland University of Integrative Health, where she teaches Mindfulness, Meditation, and Health in addition to other integrative health and wellness courses. Ms. Ellington is also a Mentor Coach for students developing the core competencies necessary for professional integrative health and wellness coaching. She is an Associate Faculty at the University of Phoenix, where she enjoys teaching undergraduate courses in psychology, ethics, and critical thinking.

Ms. Ellington is an inspirational speaker who is frequently requested at conferences, workshops, and keynote events. She is recognized for her talent in being able to present the 'hard' science that underlies human performance and transformation to multiple audiences in a way that facilitates high levels of engagement and integration into real-world settings.

She earned her master's degree in Health Psychology from Northern Arizona University in Flagstaff, AZ and is trained in Black Belt of Six Sigma Methodologies. Ms. Ellington has also been trained by the Institute of HeartMath® to teach a mindfulness-based approach to building stress resilience capacity that is used by the U.S. military, first responders, elite athletes, fortune 100 companies, and surgeons. Ms. Ellington is currently pursuing her Ph.D. in Mind-Body Medicine at Saybrook University.

Laurie is a member of the International Coach Federation (ICF), the NeuroLeadership Institute, the Institute of HeartMath®, and the American Society for Training and Development (ASTD). She is a Professional Certified Coach (PCC), Certified Brain-Based Coach (RCC), Licensed Professional Counselor (LPC), and a HeartMath® Certified Trainer (HMCT).

Comskil is a Woman-Owned Small Business (WOSB) that has provided leadership and organizational development services in People, Process, and Technology (PPT); process improvement consulting, Agile consulting; and training design, development and delivery since 1997. Comskil is globally recognized and respected in leadership development and in applying the latest neuroscience and health research to our workshops, teambuilding and coaching. Comskil is an Atlassian Expert and Solutions Partner for over 11 years, providing agile tools for government and private business team to unleash their potential.

Contact Us:

Galina Knopman, President and CEO

Ph: (301)896-0698

Email: galina@comskil.com and galina@bestoflife.biz

Vonda Burns, COO

Ph; (240)483-7628

Email: vburns@comskil.com