

THE EDGE OF KNOWLEDGE

A TWO-HOUR GRADUATE SCHOOL

Seventy Pathways to Sleep:

New Strategies for the Professional Health-Based Coach

April 16 (Tuesday) 1pm-3pm (East Coast USA Time)

In this inaugural *Edge of Knowledge Two Hour Graduate School*, noted professional coach, psychologist and author, William Bergquist, Ph.D., presents the latest findings on how one achieves a sustained, deep and restorative night of sleep. In attending this Two-Hour Graduate School, you aren't awarded a doctorate (or even academic credit), but there is no entrance exam, college grade point average, or Graduate Record Exam scores!! So, what are the qualifications to attend this two-hour graduate school? Just a hunger for new knowledge, a commitment to life-long learning, and a desire to gain new skills and tools as a professional coach.

Without adhering to any one school of thought or body of research regarding the science of sleep, Dr. Bergquist offers seventy sleep strategies, grouped into four major categories. As in the case of all *Edge of Knowledge Two Hour Graduate School* seminars, Bill Bergquist offers a specific coaching tool that can be immediately used by those enrolled in this highly interactive digital graduate school. One can **Become a Sleep Coach** and add powerful strategies to a health-based coaching tool kit.

Dr. Bergquist comes with vast and diverse experience as an executive and personal coach and consultant to more than 1,000 clients from North America, Europe, Asia and the Mid-East. He has authored or co-authored 53 books and written in excess of 100 articles, while co-founding the *Library of Professional Coaching*, the *International Consortium for Coaching in Organizations*, and the *Library of Professional Psychology*. For the past thirty-five years, Bill has served as President of *The Professional School of Psychology* (www.psychology.edu) – a global graduate school serving mature and accomplished learners from throughout the world.

Seventy Pathways to Sleep will be held on **April 16 (Tuesday), from 1pm to 3pm (Eastern USA time)**. It is delivered virtually via a digital format, with participants being given a direct link to the Zoom Video conferencing tool. The *Edge of Knowledge* programs are truly seminars, with small group breakout sessions and live interaction with the presenter. As a result, enrollment is restricted to 20 people – with registrants being accepted on a first-come-first-served basis. You probably should contact us very soon.

The cost of Seventy Pathways to Sleep is **\$85** which is paid with a credit card via paypal or by check. If space is available after April 9, the late enrollment tuition is \$105. Registration closes 48 hours prior to the seminar. Those interested in enrolling in this Edge of Knowledge graduate school session should contact Melissa Lilley at mlilley@psychology.edu. The Edge of Knowledge is co-sponsored by The Professional School of Psychology, The Santa Fe Center and the Library of Professional Coaching.

Upcoming Edge of Knowledge Seminars

Learning at the Edge of Knowledge doesn't stop with sleep. Edge seminars are scheduled approximately every four weeks (with a recess during the summer months). Here are the next two sessions of Edge of Knowledge [a helpful financial hint: if you sign up now for all three Two Hour Graduate School seminars, there is a 20% reduction in your total tuition – and you are guaranteed of enrollment in all three of these seminars.]

Personality Disorders in the Workplace: Learn about the major mental health issues that pervade our contemporary workforce (reported as 14% in some studies). How do these personality disorders impact the workplace and what can one do as a coach and/or leader working in an organization where key people are struggling with mental illness (and impacting on the life and work of other employees). This seminar will be conducted by Kevin Weitz, Psy.D. who wrote an essay on this topic that is among the six most widely read essays in the Library of Professional Coaching (out of a total of 900 documents). As in the case of all Edge of Knowledge seminars, this Two-Hour Graduate School comes with a tool that can be immediately used to help coaches and coaching clients identify and determine how to work with those who manifest personality disorder.

Date and Time of the Seminar: May 21 (Tuesday) 11am to 1pm (East Coast USA time)

The New Architecture of Jobs and Teams: Coaching the Design of Effective and Equitable Workplace Environments: Learn how to diagnose and help to design (or redesign) jobs and teams so that they are maximally effective (and so that the people involved feel that they are being treated in a fair manner with appropriate expectations and resources to get their job done). Participants will be able to immediately use two tools inside the Two-Hour Graduate School that helps them assess their own job (as a coach, leader or member of a team). These two tools can be added the coach's tool box and engaged to enrich the coaching (or consulting) process. This seminar will be conducted by William Bergquist, Ph.D., who has used these two tools as a consultant working in high-tech and pharmaceutical firms, as well as in training programs offered in North America and Asia.

Date and Time of the Seminar: June 19 (Wednesday) 3pm-5pm

Tuition: Sign up for all three seminars at a total cost of \$200

[A savings of \$55 when enrolling separately in the three seminars]

Contact Melissa Lilley to sign up for the three seminars: mlilley.psychology.edu