



the

# untethered soul at work

teachings to transform  
your work life

MICHAEL A. SINGER

## SESSION ONE

1. Introduction to Session One
2. Every moment has nothing to do with you
3. Coming into harmony with reality
4. Respect and gratitude for the moment
5. Honoring what exists
6. Why do you make up an alternate reality?
7. Life has the right to be the way it is
8. Having gratitude for every moment in your life
9. Embracing and serving life fully
10. Working with the root of the problem

## SESSION TWO

11. Introduction to Session Two
12. Finding fulfillment at work
13. Navigating difficult discussions
14. Learning to listen
15. Creativity in the workplace
16. Conscious communication
17. Dealing with disappointment
18. Solving problems at work
19. Finding your inspiration
20. Working with others
21. Stress and burnout