Mentor Dida™

The Experience Menu

Custom journeys, learning experiences & gatherings

IN PERSON / ONLINE / HYBRID

Co-designed around your people, goals, context and timeline.

Start with who.

I help people reconnect with themselves, communicate honestly, and create what comes next - together.

Experience. Reflect. Practice. Work on something real together.

01 MAIN COURSES

Signature Journeys

1-week sprints to 6+ month partnerships

Cadence and participant time co-designed.

Journey Consulting & Experience Design

Listen deeply, uncover what is getting in the way, and design a path forward together. Discovery, strategy, retreats and practical experiments connect shared direction with implementation and learning.

Good for: A turning point, unclear priorities, or change that has stalled.

From a focused sprint to an ongoing partnership.

The Intrapreneurship Journey

Help emerging leaders influence those in power before they are in power. Through real organizational opportunities, participants understand decision makers, develop compelling recommendations, and build support for their best ideas.

Good for: Promising ideas that stall and emerging leaders ready for greater responsibility.

Accelerator example: 5+ weeks, 3 workshop hours per week; application between sessions.

A journey, designed with you.

Discover what matters. Design the experience. Mobilize people and ideas. Complete the work with reflection and next steps.

02 SHARED PLATES

Labs, Retreats & Strategy

2-hour labs to multi-day experiences

Tailored series available; Case Lab: 5 half-days.

Intrapreneurship Foundations Case Lab

Five half-days of realistic cases, collaborative decisions and practice turning ideas into recommendations leaders can support.

Good for: Building judgment and confidence to influence at work.

Collective Intelligence Labs

Unlock the wisdom of the room through structured dialogue, shared insight and practical next steps.

Good for: Siloed knowledge or a challenge needing many perspectives.

Team, Strategy & Innovation Retreats

Reconnect as a team. Use human-centered design to align priorities, make decisions and explore new possibilities.

Good for: A team reset, a strategic choice or an innovation challenge.

People Leaders Lab

Practice coaching, feedback and difficult conversations through real situations and learning with peers.

Good for: Managers balancing high expectations with care for people.

Facilitator Training / Training of Trainers

Learn to design participatory sessions, guide dialogue and turn group insight into shared action.

Good for: Educators, trainers and leaders who need stronger engagement.

03 SMALL BITES

Workshops & Practice

90 minutes to half a day per session

Five workshop families. Tailored series available.

Storytelling That Moves People

Shape experiences and ideas into clear, human stories that connect, communicate purpose and invite action.

Good for: Leaders, educators and teams whose message needs to land.

Honest Feedback & Difficult Conversations

Practice giving and receiving feedback, speaking honestly with care, and working through tension. Includes radical candor.

Good for: Feedback that gets avoided and conversations that feel difficult.

Team Communication & Connection

Build trust through team building, deeper listening, clearer communication and shared agreements.

Good for: New teams, disconnected colleagues and cross-team collaboration.

Being the Change: Leadership from Within

Explore who you give yourself permission to be, how you show up, and how to respond with intention.

Good for: Emerging leaders and teams navigating change.

Wellbeing, Focus & Flow

Reconnect with presence, energy and attention through practical experiences, meditation and Getting Into Flow When You're Low.

Good for: Demanding workdays, scattered attention and teams needing a reset.

04 HOUSE SPECIALS

Speaking & Lectures

30-120 minutes per engagement

Keynotes, lectures, panels, podcasts & firesides.

Being the Change

Stories and reflection on the permission to be, the courage to respond, and the choices that shape our impact.

Good for: Audiences ready to reconnect with purpose and possibility.

Transforming Gatherings

Make meetings, learning and convenings places where people contribute, connect and commit.

Good for: Leaders and event hosts seeking deeper participation.

Facilitation & Human Connection

Explore the inner, relational and practical dimensions of holding space for meaningful change.

Good for: Facilitators, educators, coaches and community builders.

Innovation & the Future of Learning

Explore intrapreneurship, technology and the changing role of universities, drawing on my work as Global Futurist in Residence at ASU.

Good for: Campuses and organizations rethinking learning and innovation.

Custom Talks & Event Reflections

A keynote, conversation or closing synthesis shaped around your audience and the ideas emerging in the room.

Good for: Conferences, leadership gatherings and public events.

Designed around you.

These are starting points drawn from my work. We can adapt, combine or create an experience around your needs.

Tell me what your team is working through.

Let's design the right experience.

mentordida.com