HUMAN POTENTIAL PROGRAM FOR PROFESSIONALS

BACKGROUND

▸ Dr. Anna Pittman
  ▸ Ph.D. in Consciousness Studies
  ▸ Masters in Transpersonal Psychology
  ▸ Founder of Human Potential Program for Professionals
  ▸ annapittman.org
8 DOMAINS OF THE HPPP

- Self-Awareness
- Mindfulness
- Self-Regulation
- Emotional Intelligence
- Compassion
- Empathy
- Communication
- Motivation
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EMOTIONAL INTELLIGENCE
CREATIVE PROCESS

- Starting the Project
- Designing the Logo
- Filming Process
- Editing
- Music
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STARTING THE PROJECT

▸ Filming logistics

▸ Equipment support

▸ Scheduling
DESIGNING THE LOGO
FILMING PROCESS

- Arrangement of equipment
- Decor
- Continuous filming
- Multiple takes
- Visual queues
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EDITING

- Starting knowledge
- Learning process
- iMovie Software
- Revisions
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MUSIC

▸ Software/hardware used
▸ Customizable live looping
▸ Creative process
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