

WORKSHOPS & SEMINARS

Empower Your Team with Interactive Workshops!

Unlock the potential of your team by participating in our engaging workshops & seminars, where individuals can learn about essential skills such as being an ally, adaptive leadership, the power of empathy, managing perceptions through personal brand, and effective communication.

Contact us today to schedule your workshop and drive success within your organization!

Starting at \$3,000*

*corporate investors receive a discounted rate



Questions?

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Why choose our Workshops?

- **Tailored Content:** Customized sessions to meet your team's unique needs, ensuring relevance and impact.
- **Flexible Delivery:** Available in-person, virtually, or in a hybrid format
- **Expert Facilitation:** Led by industry professionals with proven success in developing effective teams and leaders.
- **Practical Tools:** Equip your team with actionable strategies and frameworks that can be implemented immediately.
- **Collaborative Environment:** Foster a sense of community and support, enhancing team dynamics and communication.
- **Custom Solutions:** While we offer readily available topics, we are also happy to create custom workshops to suit your specific goals.

Workshop vs. Seminar: Which is Right for You?

- **Workshops:** Ideal for smaller groups, allowing for enhanced interactivity and deeper discussions for skill development.
- **Seminars:** Perfect for larger audiences (over 100 participants), seminars focus on content delivery in a formal setting, making them suitable for global ERGs.

WORKSHOP TOPICS

Adapt with Impact

Learn how to adapt your approach with confidence in any situation. Gain the tools and strategies needed to thrive within evolving teams.

Allyship

Learn how to transform allyship into practical, meaningful actions. Gain the tools and strategies necessary to become an effective ally in the workplace and beyond.

Adaptive Resilience: Leading Yourself First

Before we expect others to change, we build the capacity to pause, reflect, adapt, and respond intentionally. This workshop helps managers understand their own patterns under pressure, recognize different working and communication styles, and strengthen resilience by changing what's within their control.

Building Confidence & Overcoming Imposter Syndrome

Learn to reframe your fears to build confidence and overcome imposter syndrome to step into your full potential.

Change Management Mastery

Adapt to and lead through change with confidence. Learn strategies to effectively manage transitions, overcome resistance, and guide your team through organizational shifts. Equip yourself to handle change proactively and drive positive outcomes in your organization.

Charting Your Career Course

Participants reflect on what matters most in their work, evaluate where they are today, and identify the skills and experiences needed for what's next. This session provides guided reflection and practical tools to build a clear career roadmap. Participants will leave with a development plan they can put into motion immediately.

Crucial Conversations

Gain the skills to navigate high-stakes discussions with confidence and clarity. Transform your approach to critical conversations and become a more effective leader.

Executive Communication

Learn the skills required for successful executive communication, while discussing common communication mishaps and how to avoid them

Feedback Fundamentals

Gain confidence in giving and receiving feedback with clarity. Learn effective techniques for delivering constructive feedback and receiving input with openness and grace. Foster a culture of continuous improvement, and strengthen relationships through impactful feedback.

Inclusive Leadership

Identify what an inclusive leader looks like and why inclusive leadership is a unique and critical capability helping organizations adapt to diverse customers, markets, ideas, and talent.

Negotiating

The negotiating workshop will dive into the importance of self-promotion and how to effectively advocate for yourself as you progress in your career.

Networking

Explore strategies to build, maintain, and rejuvenate your network across different career stages, maximizing your impact both internally and externally.

Personal Branding

Dive into the importance of self-promotion and how to effectively advocate for yourself as you progress in your career.

Saving Face(time)

Gain insights on navigating the unique challenges of remote visibility, effectively managing virtual teams, fostering spontaneous interactions, and enhancing the productivity of your virtual meetings.

Strategic Career Planning Workshop

Participants are equipped with tools and insights necessary for effective career planning. They will develop a personalized career roadmap and the confidence to make strategic decisions and achieve their professional goals.

WORKSHOP TOPICS

Unlock the Power of Empathy

Learn practical strategies for appreciating diverse perspectives, fostering genuine connections, and leading with empathy. Enhance your leadership approach to create a nurturing environment that boosts engagement, sparks innovation, and ensures success.

Unlock Your Leadership Potential with Emotional Intelligence

This workshop introduces the key principles of Emotional Intelligence (EI) and its crucial role in effective leadership. Participants will gain valuable insights into EI's core components and learn how cultivating these skills can drive personal development, enhance communication, and elevate leadership impact.

To schedule a workshop or discuss custom topics contact:

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