

Skills Training for Individuals and Teams

Course Title	Short Description	Duration	Price Range
Executive Presence	This training equips individuals and teams with the tools to project credibility, communicate with impact, and inspire trust in every interaction. Through practical exercises and personalized strategies, participants learn to elevate their presence, sharpen their message, and lead with authority—whether in the boardroom, on stage, or across virtual platforms.	60 minutes	\$100/pp or \$800 for teams of 8 or more.
Public Speaking	This course empowers professionals to deliver compelling presentations with clarity, confidence, and purpose. Participants will refine their public speaking skills while learning to craft concise, visually aligned materials that reinforce their message. From stage presence to slide decks, every element is designed to elevate executive communication and audience engagement.	60 minutes	\$100/pp or \$800 for teams of 8 or more.
Unstuck: Rewiring Behavior for Impact	This course helps individuals and teams decode behavioral patterns that impact performance. Participants will identify personal blind spots, understand how others perceive their style, and learn to adapt communication and decision-making for greater influence. Through targeted exercises and reflection, this training builds self-awareness, emotional intelligence, and practical strategies for behavioral growth.	60 minutes	\$100/pp or \$800 for teams of 8 or more. (Option to add DISC behavioral assessment for \$90/pp)
Efficiency by Design: Optimize How You Work and Manage Your Time	This course equips professionals with practical strategies to manage time, reduce overwhelm, and drive performance. Participants will learn how to block time effectively, prioritize high-impact tasks, and structure their day for focus and flow. Ideal for teams and individuals seeking to work smarter, not harder—while aligning daily actions with long-term goals.	60 minutes	\$100/pp or \$800 for teams of 8 or more.
Career Essentials - Resume, Interview, and Salary Negotiation Basics	This course delivers the foundational tools every professional needs to navigate the job search with confidence. Participants will learn how to craft results-driven resumes, master interview techniques that showcase their value, and approach salary negotiations with clarity and strategy. Ideal for early-career professionals, career pivoters, and anyone ready to level up their personal brand.	60 minutes	\$100/pp or \$800 for teams of 8 or more.
Career Essentials: Future Ready: Skills & Strategies for Career Planning	A dynamic coaching experience designed for students entering the workforce and adults navigating career transitions. This course equips participants with practical tools to explore career paths, identify transferable skills, and make confident, informed decisions about their next move. Through guided exercises, strategic planning, and personalized coaching, attendees will gain clarity, build momentum, and craft a career direction aligned with their strengths and goals.	60 minutes (additional 1:1 coaching available)	\$100/pp or \$800 for teams of 8 or more.