

bundle 2024

Skill Session Catalog

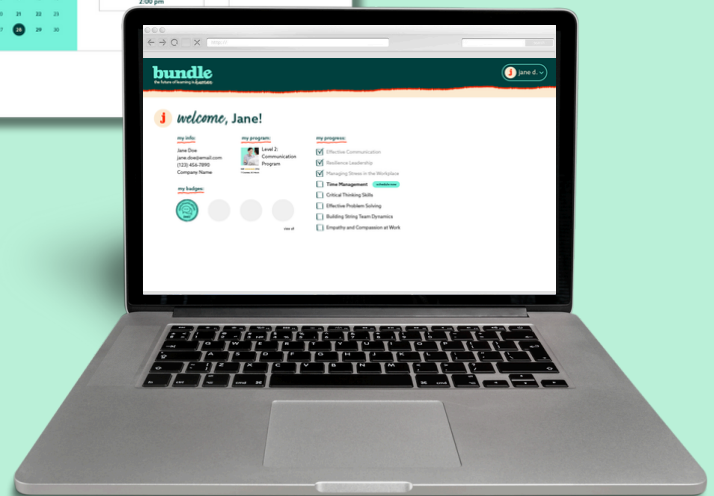
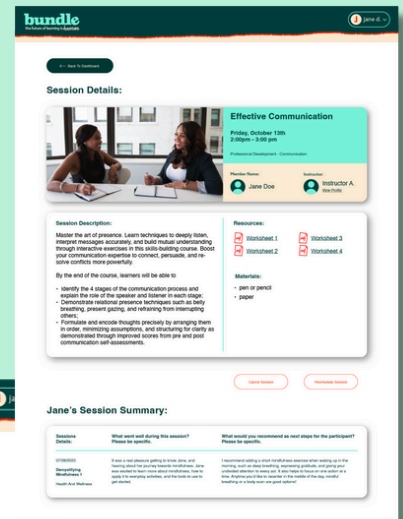
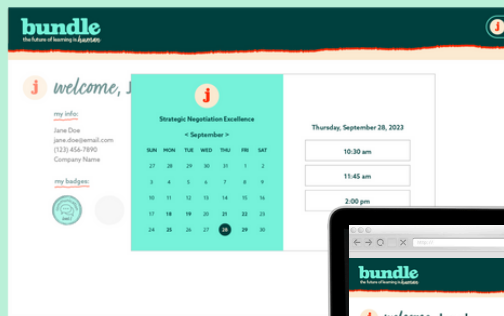


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CORE Skill Sessions

CORE

Core human-centric skill sessions provide foundational knowledge and practical tools to enhance individual and team performance. These 90-minute live sessions address essential workplace competencies and are designed for maximum impact.

CORE

Building Strong Team Dynamics

Strong team dynamics is vital in fostering collaboration, trust, and mutual respect among team members. Our session, Building Strong Team Dynamics, is designed to cultivate essential teamwork skills, fostering a collaborative and harmonious work environment. This session ensures that learners are equipped to enhance team interactions and drive collective success.

What you'll gain:

Effective team dynamics lead to improved problem-solving, higher productivity, and a more positive and engaging work environment. Building Strong Team Dynamics provides the knowledge and tools necessary to create and maintain strong, trustworthy dynamic teams in any organizational setting.

Coaching + Feedback

Effective coaching and feedback are necessary for workplaces that want to foster continuous personal and professional employee development, enhance communication, and build stronger teams. Our Coaching and Feedback session is designed to equip learners with the skills and techniques necessary to effectively mentor and develop others, fostering a culture of continuous improvement and growth. This session focuses on the principles of coaching, structured feedback methods, and the application of emotional intelligence in feedback scenarios.

What you'll gain:

Coaching and Feedback provides learners with the tools and information necessary to support personal and professional development, improving group dynamics and organizational success through effective coaching and feedback strategies. By implementing these practices, organizations can improve performance, boost employee engagement, and create a culture of trust, growth, and improvement.

W R O C

Conflict Resolution + Management

Conflict resolution skills are essential in the workplace, regardless of role, as they help to maintain a constructive and productive work environment. The Conflict Resolution and Management session is designed to equip learners with the skills and strategies needed to effectively identify, manage, and resolve workplace conflicts. This session focuses on understanding the sources of conflict, applying negotiation and mediation techniques, and developing advanced conflict resolution strategies.

What you'll gain:

Effective conflict management reduces tension, fosters better communication, and enhances teamwork, ultimately contributing to the overall success and well-being of the organization. This session provides learners with the tools and knowledge necessary to manage conflicts effectively, overcome deadlocks, improve communication, relationships, and overall organizational success.

Creative Thinking + Innovation

Creative thinking and innovation are crucial for organizations that want to drive problem-solving, foster competitive advantage, and promote continuous improvement. The Creative Thinking and Innovation session is designed to equip learners with the skills and strategies necessary to foster creativity and drive innovation within their organizations. This session focuses on understanding the creative process, ideation and brainstorming, applying innovative thinking to problem-solving, and developing solutions that align with organizational goals.

What you'll gain:

Creative thinking and innovation provides learners with the tools and knowledge necessary to drive innovation, enhance creative problem-solving, and foster a culture of creativity within their organizations, ultimately leading to industry-leading solutions and products. By embedding these skills, organizations can adapt to evolving challenges, generate novel solutions, and maintain a dynamic and forward-thinking environment.

CORE

Critical Thinking

Critical thinking empowers employees to make informed decisions, solve complex problems, and evaluate information objectively. Our Critical Thinking session is designed to enhance learners' analytical and logical reasoning skills, enabling them to tackle complex workplace challenges with confidence and precision. This session equips learners with the tools and techniques necessary to evaluate information, construct reasoned arguments, and develop innovative solutions.

What you'll gain:

Critical thinking provides learners with the knowledge and skills to apply structured critical thinking techniques, enhancing their ability to make informed choices and drive organizational success.

Develop a Culture of Inclusion

Developing a culture of inclusion fosters an environment where all employees feel valued, respected, and empowered to contribute their best. The Develop a Culture of Inclusion session is designed to equip learners with the skills and strategies needed to foster an inclusive and respectful workplace environment. This session focuses on understanding diversity, enhancing inclusive communication, and implementing initiatives that promote acceptance and mutual respect.

What you'll gain:

Develop a Culture of Inclusion provides learners with the tools and competencies necessary to build and sustain a culture of inclusion, enhancing team dynamics, organizational performance, and overall workplace harmony.

CORE

Effective Communication

Effective communication is essential in today's organizations as it ensures clear and concise information exchange, minimizes misunderstandings, and enhances collaboration among team members. Our Effective Communication session is designed to enhance learners' ability to convey and interpret messages effectively across various contexts and audiences. This session equips learners with the essential communication skills needed in today's diverse organizations.

What you'll gain:

Effective Communication equips learners with the tools and knowledge necessary for impactful communication in personal and professional settings. By mastering communication skills, learners will build stronger relationships, improve productivity, and drive organizational success.

Elevate Emotional Intelligence

Executing emotional intelligence enhances communication, fosters stronger interpersonal relationships, and improves team interactions. Our Elevate Emotional Intelligence session is designed to enhance learners' ability to understand and manage emotions, both personally and within a team, to improve workplace interactions and overall effectiveness. This session equips learners with essential skills to foster self- and social-awareness, empathy, and effective communication in diverse professional settings.

What you'll gain:

This session provides learners with the tools and skills necessary to develop their emotional intelligence, contributing to personal growth and driving organizational success through improved relationships and effective collaboration. By developing emotional intelligence, employees can navigate complex emotions, build stronger relationships, and contribute to a positive and productive work environment.

CORE

Empathy + Compassion at Work

Empathy and compassion in the workplace enhances communication, fosters stronger interpersonal relationships, and creates a supportive work environment. Our Empathy and Compassion at Work session is designed to enhance learners' ability to understand and respond to the emotional states and perspectives of others in the workplace. This session focuses on developing empathy, compassion, and perspective-taking skills to improve communication, relationships, and workplace culture.

What you'll gain:

This session provides learners with the tools and knowledge necessary to cultivate empathy and compassion, leading to improved communication, stronger relationships, and enhanced employee well-being in their organizations. By cultivating these skills, employees can improve teamwork, reduce conflicts, and promote overall well-being and job satisfaction.

Executive Presence

Demonstrating executive presence is important for employees as it enhances leadership effectiveness, inspires confidence, and fosters trust and respect among colleagues. Our Executive Presence session is designed to equip learners with the skills and techniques necessary to project confidence, gravitas, and leadership through influence in various professional settings. This session focuses on developing a composed demeanor, credible behavior, and authentic communication to inspire confidence and respect.

What you'll gain:

This session provides learners with the tools and information necessary to project executive presence effectively, enhancing their ability to lead, regardless of role, influence, and inspire in the workplace. By developing executive presence, individuals can improve their ability to influence others, lead teams, and drive organizational success.

Foster Collaboration

Collaboration is necessary for organizations that want enhanced teamwork, increased innovation, and improved productivity. Our Foster Collaboration session is designed to equip learners with the skills and strategies necessary to enhance their teamwork and cooperative efforts in the workplace. This session focuses on understanding the principles of collaboration and cooperation, improving communication, and developing strategies for effective team cohesion.

What you'll gain:

This session provides learners with the tools and knowledge necessary to foster a collaborative work environment, establish and champion shared goals, enhance team performance, innovation, and overall organizational success. By promoting effective collaboration, organizations can achieve shared goals more efficiently, leveraging diverse skills and perspectives for greater success.

Leadership Essentials

The leaders of tomorrow need crucial skills to empower them to lead with confidence, integrity, and vision. The Leadership Essentials session is designed to equip learners with the foundational skills and strategies necessary for effective leadership. This session focuses on developing decisiveness, strategic thinking, accountability, integrity, humility, and inspirational leadership to drive organizational success.

What you'll gain:

Leadership Essentials provides learners with the tools and skills necessary to become effective leaders, enhancing their ability to make informed decisions, inspire teams, and uphold high ethical standards. By developing these skills, leaders can drive organizational success, foster a positive work environment, and inspire their teams to achieve their best.

CORE

Managing Change

The one organizational constant is change. The ability to manage change is crucial in the workplace as it ensures smooth transitions, minimizes resistance, and maintains productivity during organizational shifts. Our Managing Change session is designed to equip learners with the skills and strategies necessary to effectively navigate and lead organizational change, regardless of role. This session focuses on understanding change management models, developing flexibility and adaptability, and applying advanced change management techniques.

What you'll gain:

Effective change management fosters a culture of adaptability and resilience, enabling organizations to thrive in dynamic environments. This session provides learners with the tools and knowledge necessary to manage change and fatigue effectively, ensuring smooth transitions, maintaining productivity, and promoting a culture of continuous improvement and adaptability within their organizations.

Managing Stress in the Workplace

The ability to effectively manage stress in the workplace directly impacts employee well-being, productivity, and overall job satisfaction. Our session, Managing Stress in the Workplace, is a comprehensive session designed to equip learners with the skills and strategies needed to effectively handle workplace stress, enhance personal resilience, and foster a healthy work environment.

What you'll gain:

Whether you are looking to manage your stress more effectively or lead organizational change towards a healthier work environment, Managing Stress in the Workplace provides the tools and skills necessary to self-regulate, cope, and thrive in any professional setting, leading to a healthier work environment, reducing burnout and enhancing organizational performance.

PERFORMANCE

Motivating People for Performance

The ability to effectively motivate is vital if you want to directly impact employee engagement, productivity, and overall job satisfaction. The Motivating People for Performance session is designed to equip learners, regardless of role, with the skills and strategies necessary to inspire and enhance individual and team performance. This session focuses on understanding motivational factors, creating and communicating vision statements, and applying effective motivational techniques in various professional settings.

What you'll gain:

This session provides learners with the tools and information necessary to drive performance and engagement, creating a motivated and productive work environment that supports organizational success. By fostering a motivated work environment, organizations can achieve higher performance levels, drive innovation, and improve team cohesion and morale.

Problem Solving

The ability to effectively solve problems in today's complex organizations is an essential skill, as it enables employees to effectively tackle challenges, make informed decisions, and drive continuous improvement. Our Problem Solving session is designed to equip learners with the essential skills and strategies needed to effectively tackle diverse workplace challenges. This session focuses on enhancing learners' ability to identify, analyze, and resolve problems through a structured approach.

What you'll gain:

Strong problem-solving skills lead to enhanced project outcomes, innovation, and overall organizational success. This session provides the tools and knowledge necessary for learners to improve their analytical thinking and problem analysis capabilities, driving continuous improvement and fostering a culture of innovation within their organizations.

PRODUCER

Productivity + Organizational Skills

Productivity and organizational skills are essential in today's workplace as they enhance efficiency, improve task management, and foster a culture of high performance. Our Productivity and Organizational Skills session is designed to equip learners with the strategies and techniques necessary to enhance personal and team productivity and improve organizational efficiency. This session focuses on developing effective habits, applying project management principles, and utilizing advanced productivity methods.

What you'll gain:

This session provides learners with the tools and information necessary to boost productivity and focus, streamline workflows, and foster a culture of efficiency and effectiveness. By developing these skills, organizations can optimize workflows, minimize distractions, and achieve better outcomes in less time.

Resilience Leadership

Resiliency is a necessary skill in the workplace as it empowers individuals and teams to navigate challenges, adapt to change, and maintain a positive outlook. Our Resilience Leadership session is designed to equip learners with the skills and strategies needed to cultivate resilience in themselves and with their teams, enabling them to effectively navigate workplace challenges and changes. This session focuses on building resilience, fostering optimism, and promoting perseverance in various professional scenarios.

What you'll gain:

By fostering resilience, learners can enhance overall performance, improve well-being, and create a more adaptable and robust organizational culture. Resilience Leadership provides learners in every role with the tools and knowledge necessary to develop resilience, adaptability, and perseverance, driving a culture of positivity and high performance within their organizations.

★ Learner Favorite

The session was awesome. My trainer helped me understand how crucial resilience is not only for my team but also at an organizational level and how to design strategies and policies to better foster this type of culture.

Mike, Aug. '24

CORE

Strategic Decision Making

The ability to make strategic decisions is important in today's diverse organizations as it enables employees to make informed, ethical, and forward-thinking choices that drive organizational success. Our Strategic Decision-Making session is designed to equip learners with the skills and techniques necessary to make informed, strategic decisions that drive organizational success. This session covers various decision-making models, risk assessment techniques, and ethical considerations, providing a comprehensive approach to effective decision-making.

What you'll gain:

Effective decision-making fosters better problem-solving, risk management, and long-term planning, ultimately enhancing overall performance and resilience. Strategic Decision-Making provides learners with the tools and knowledge necessary to make decisions that balance and prioritize organizational objectives, ethical principles, and long-term impact, enhancing overall workplace performance and success.

Time Management

Time management is more important than ever in the modern workplace as it enables employees to prioritize tasks, meet deadlines, and maintain a healthy work-life balance. Our Time Management session is designed to equip learners with the necessary skills and strategies to enhance their productivity and efficiency. This session focuses on developing effective goal setting, prioritization, and task management techniques applicable to various professional scenarios.

What you'll gain:

This session provides the tools and knowledge necessary for learners to manage and organize their time effectively, fostering a proactive and productive work environment, crucial in today's busy workplace.

DEEP-DIVE Skill Sessions

DEEP-DIVE

Deep-dive human-centric skill sessions offer in-depth exploration of specific soft skills and topics. Building on the core competencies, these sessions provide advanced strategies and techniques to address complex challenges and drive organizational success.

DEEP-DIVE Skill Sessions

DEEP-DIVE

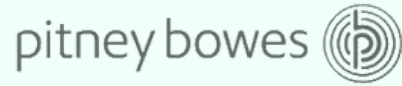
Business Acumen	Strengthen your understanding of core business operations, financial principles, and strategic decision-making.
Business Writing	Enhance your professional communication by mastering clear, concise, and impactful business writing techniques.
Design Thinking I + II	Enhance your professional communication by mastering clear, concise, and impactful business writing techniques.
Digital Leadership	Lead effectively in the digital age by leveraging technology, fostering innovation, and managing virtual teams with agility.
Employee Retention Strategies	Develop and apply innovative strategies to retain top talent, creating a motivated and high-performing workforce.
Lead Effective 1:1s	Conduct impactful one-on-one meetings that drive performance, provide constructive feedback, build trust, and foster professional growth and development.
Leading Difficult Conversations	Navigate and manage challenging conversations with confidence, empathy, and skill to achieve positive outcomes.
Leading Other Leaders	Empower and develop other leaders by fostering visionary and influential leadership, strategic delegation, and cross-functional collaboration.

DEEP-DIVE Skill Sessions

DEEP-DIVE

Managing Employee Turnover	Implement effective strategies to identify and address the root causes of employee turnover, fostering a stable workforce.
Negotiation + Influence	Master negotiation strategies and influence techniques to achieve mutually beneficial outcomes and strengthen professional relationships.
Public Speaking	Build confidence and refine your public speaking skills to deliver compelling presentations that captivate diverse audiences.
Servant Leadership	Cultivate a culture of service by prioritizing stewardship, building community, and committing to the growth and well-being of your team members.
Storytelling and Persuasion	Leverage the power of storytelling to engage, persuade, and inspire your audience, driving impactful communication.
Succession Planning I + II	Prepare for future leadership needs by identifying potential leaders and ensuring smooth role transitions.
Systems Leadership	Adopt a systems thinking approach to leadership by fostering collaboration, building coalitions, and driving strategic alignment for continuous improvement.
Transformational Leadership	Inspire and drive significant positive change within your organization by cultivating a visionary approach and empowering your team.

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