

## Popular Programs:

### **Mental Health Awareness: The What, Why, & How of It**

After more than a year of uncertainty dealing with something no one saw coming, mental health awareness has taken a front seat to other, once-deemed-more-important initiatives. This program focuses on WHAT mental health really is; WHY your mental health is so important to understand and nurture; and HOW to ensure that mental health understanding and nurturing do indeed happen. Because you deserve nothing less.

### **Time & Priority Management: Take Control of Your Day**

Managing the many tasks and responsibilities on your plate can be overwhelming. Experts estimate that 41% of to-do list items are never even completed. But what if it didn't have to be that way? Effective time and priority management is created through a series of decisions you make every day. This program shares techniques to ensure your decisions result in true accomplishment day after day.

### **Emotional Intelligence: EQ Trumps IQ**

The research is in, and it shows people with higher levels of emotional intelligence are better able to remain calm under pressure, resolve conflict effectively, and provide empathy for others. From what you see (self-awareness and social awareness) to what you do (self-management and relationship management), this program provides tips and techniques to increase your level of emotional intelligence.

### **Work-Life Integration: Forget the Balance & Integrate Instead**

Work-life balance. You hear the term frequently but may have difficulty making it happen. The idea of perfectly balancing personal and professional priorities often doesn't seem feasible. Integration, though? That's possible. And maybe even likely when you understand and implement the tips shared in this program.

### **Conflict Management: Time to Pull Your Head Out of the Sand**

Many people put their head in the sand at the first sign of conflict. However, conflict is a normal part of life and work, and every relationship has at least some of it. This program helps you recognize and appreciate the five conflict management styles so you will know what to do and say the next time conflict rears its ugly head.

### **Professional Presence & Self-Leadership: Lead Yourself First**

The leaders you most admire are likely inspiring and engaging. From an external standpoint, they seem to have it all figured out. Something else they know, though, is that leadership begins internally with self-belief, clarity, acceptance, and self-confidence. This program covers self-leadership and how internal strength and courage reflect your external presence.

## Popular Programs , cont'd :

### **Crucial Conversations: The Give and Take of It**

Receiving honest, compassionate feedback is one of the greatest gifts someone can give you. The reverse—giving feedback—is likewise a gift. This program shares the how, when, and what's involved in initiating, conducting, and receiving effective feedback graciously. The end result: stronger work relationships and improved overall results.

### **Personal Accountability: It's Not You; It's Me!**

When you don't get the result you set out to achieve, the path of least resistance is often blame. A more useful path, though, is the one that looks internally—the path of personal accountability. This program focuses on ownership, responsibility, and how an emphasis on, "What's my part in this?" will get you more of what you want.

### **Communicating Through Differences: Genders and Generations and Personalities; Oh, My!**

Effective communication is key to accomplishing goals and making important things happen. But what happens when your differences with another person or people get in the way of your progress toward great accomplishments? This program focuses on the differences among genders, generations, and personality preferences and shares ideas for how to best navigate those differences for the most effective communication.

### **Mindset Management: Your Success Begins Internally**

With so much to accomplish, it's easy to get wrapped up in to-do lists. The true secret to success, though, begins internally. What you think and feel has an enormous effect on the actions you take and the results you achieve. This program focuses on the internal path to external success.

### **Team Trust: You Can Count on Me**

Trust is at the core of every relationship, and it's an incredibly important aspect of successful work teams. Innovation, engagement, and problem solving all improve when team members experience a strong foundation of trust. How do you get there? That's exactly what's shared in this program.

### **Self-Awareness: Know What Makes You Tick**

You know 'you' well. After all, you're with yourself 24/7, right? Do you know your top drivers, though? Those motivating forces that make you tick? How about your communication preferences? Do you prefer to communicate at lightning speed, or do you like having time to think things through? This program takes your understanding of yourself to a whole new level which, in turn, improves your communication and relationships with others both personally and professionally. NOTE: This program includes the option of online DISC and Values Index assessments for an additional investment.