

Popular Programs:

Positive Intelligence®: Strengthen Your Core Mental Fitness Muscles

Just as a commitment to physical fitness strengthens your body's muscles, a commitment to mental fitness strengthens your performance, well-being, and relationships. Positive Intelligence® is a mental fitness program scientifically designed to upgrade your internal operating system. This program introduces three core mental fitness muscles to help you remain calm, clear-headed, stress-free, and positive even while handling your greatest challenges.

Failing Forward: Your Resilience-Building Blueprint

Contrary to popular belief, success and happiness are not achieved through perfection. The challenges we encounter, the problems that seem insurmountable, the obstacles we find difficult to clear-- those are the stepping stones that help us achieve great results. This program focuses on the work needed to build resilience and see failures made along the way as a necessary part of the journey.

Change Management: The Move from Resistance to Acceptance

The only constant in life is change, right? And while some will readily accept changes in personnel, processes, and policies, others find it more difficult to do so. This program gets to the core of the various reactions people have to change and how you can let go of resistance, move to acceptance, and prevent burnout at the same time.

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

After times of uncertainty in recent years, 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.

Popular Programs , cont'd :

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.

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.

Popular Programs , cont'd :

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.