

Session Descriptions and Pricing

Overview

Each interactive session is 2 hours and can be delivered live or virtual. Sessions include:

- Short pre-work (e.g. YouTube video or article on the topic and brief survey to uncover learning objectives).
- Interactive session that includes ice-breaker, content presentation, exercises, dialog, review of key learnings and suggest next steps.
- Slides and reflection worksheets to support learning.
- 1 hour of individual 1x1 coaching/consultation for any one leader from the team to support learning application and advancement of next steps.

Sessions are best suited for teams up to 12 people, but can be customized for larger audiences.

Pricing

\$2,000 individual sessions

\$9,000 for 5-course package

Session Descriptions

Simplify and Demystify Diversity, Equity & Inclusion

In my humble opinion, we make building a culture of diversity and inclusion much harder than it needs to be. Based on my experience leading diverse teams in five different countries and leading D&I for a Fortune 100 company, D&I is about embracing a D&I mindset and bringing D&I values to life in day-to-day interactions. In this session you will gain confidence to begin your D&I journey by learning:

- What diversity and inclusion is and business benefits
- The many dimensions of diversity
- Key DE&I concepts (unconscious bias, privilege, micro-aggression)
- Inter-cultural competencies and inclusive leadership skills and steps for how to develop and demonstrate them

Make Diversity a Differentiator in Meetings

Diversity exists in many forms - gender, ethnicity, age, experience, background, working styles and thoughts - to name a few. These differences can challenge workplace values, relationships and team productivity. When managed effectively, however, diversity can be the catalyst for creative and innovative solutions and result in high performing teams and impactful outcomes. The challenge and opportunity for leaders is to create an environment in which all members of the team feel respected, included and appreciated as individuals while harnessing diversity to positively impact shared business goals. In this webinar, you will learn what it takes to transform teams and organizational cultures to be more inclusive and how to lead with an inclusive mindset to positively impact day-to-day workplace experiences such as meetings to make diversity a differentiator for success by learning:

- What it takes to drive a culture of inclusion and how small steps can have big impact.
- Learn easy to implement inclusive behaviors to integrate into day-to-day leadership.
- Essential inclusive communications skills that you can put into practice right away.

Be Your Best Without Burning Out

Resilience and a positive mindset are needed to be your best and bring out the best in others especially when unforeseen change and events out of your control can otherwise lead to disappointment, frustration and more stress. In this session you will learn how your mind works and the power you have over your emotions even when you can't control things around you. You'll also learn proven best practices rooted in positive psychology to reduce stress that are easy to integrate into your busy life. No more excuses for not prioritizing self-care! Key take-aways are:

- Understand symptoms, causes and implications of chronic stress
- Understand how your mind works and lessons learned from positive psychology to boost resilience and positivity
- Gain easy to implement tips to integrate positive psychology best practices into your busy day

Increase Your Impact at Work with an Entrepreneurial Mindset

In modern workplaces characterized by rapid organizational and marketplace changes, success as an employee and leader depends on your ability to be innovative, thrive in uncertainty and fail forward.

These are skills that can be learned by adopting an entrepreneurial mindset. In this workshop you will learn the most critical aspects of the entrepreneurial mindset to apply at work and gain practical tips to strengthen your change agility and resiliency muscles.

- Understand traits of the entrepreneurial mindset and why they matter at work.
- Learn easy to implement steps to develop entrepreneurial competencies in you and your employees.
- Identify what you can do to model and foster entrepreneurial behaviors at work.

Be a Better Leader with Positive Psychology

The coronavirus crisis has taught us that leading with optimism, empathy, courage and resiliency matter greatly during difficult times and that these qualities distinguish exceptional leaders from good leaders in all times. Fortunately, all leaders, including wellbeing professionals can strengthen these emotional connections and critical thinking skills by integrating simple best practices from positive psychology; the scientific study of what makes humans thrive, into your day-to-day leadership. As a result, you can build positive, committed and connected teams and organizational cultures that fuel success in good times and is a source of strength in difficult times.

- Learn the importance of emotional connection as a leadership competency
- Understand best practices around positive psychology principles and why they matter at work and for wellbeing
- Learn and practice easy ways to integrate positive psychology best practices into your day-to-day leadership to transform workplace cultures