

## Team Workshop Descriptions and Pricing

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### Overview

Schedule a facilitated workshop to engage your team in order to boost comradery, explore important leadership topics, strengthen competencies, gain easy tips to apply learnings and...have fun!

Each interactive workshop is between 1.5 to 2 hours and can be delivered live or virtual.

Workshops include:

- Short pre-work (e.g. YouTube video or article on the topic, brief survey to uncover baseline knowledge and/or learning objectives, etc.).
- Interactive session that includes ice-breaker, content presentation, exercises, discussion, reflection and call to action.
- Slides and 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.

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

### Pricing

\$1,000 each workshop; \$5,000 for 6-workshop 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 having the curiosity and courage to learn from people who are different than you and bringing inclusive values to life in day-to-day interactions. In this workshop you will gain confidence to begin your D&I leadership journey.

#### Key Take-Aways

- Understand what diversity and inclusion is and business benefits.
- Appreciate the many dimensions of diversity and barriers to inclusion and equity (unconscious bias, privilege, micro-aggression).
- Learn how to develop and demonstrate inter-cultural competencies and inclusive leadership skills.

## **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 meaningful relationships and innovative thinking, resulting in high performing teams and impactful outcomes. The challenge and opportunity for leaders is to create an environment in which everyone feels respected, included and appreciated while harnessing diversity to positively impact shared business goals. In this workshop, 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.

### **Key Take-Aways**

- Understand 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.
- Gain 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 workshop 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**

- 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.

## Key Take-Aways

- 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. Leaders can strengthen these emotional intelligence 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 a positive, committed and connected teams and organizational cultures that fuels success in good times and is a source of strength in difficult times.

## Key Take-Aways

- 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.

## **Create Your Team Theme Song to Build a Culture of Inclusion, Innovation and Resilience**

Leading through change and uncertainty requires having courage to innovate and take risks, building resilience so we bounce back from setbacks and don't burn out and foster a culture of inclusion to bring out the best in everyone, bridge differences and harness diversity as a differentiator for success.

In this interactive team building workshop you will develop and demonstrate the competencies it takes to build a culture of inclusion, innovation and resilience among your team while coming together to create a unique team theme song. Together you will strengthen important leadership competencies, deepen relationships, push yourselves outside of your comfort zones to learn and grow and have fun!