

TOPICS FOR WORKSHOPS/SPEAKING ENGAGEMENTS

Experienced HR Consultants that help busy leaders retain and elevate their talent, influencing organizational health

EMPLOYEE WELLBEING

EMPLOYEE WELLBEING: AN ORGANIZATIONAL IMPERATIVE

Wellbeing is no longer a nice-to-have. It's a must-have for organizations.. Discover the difference between wellness and wellbeing, and how you can build a culture to include all aspects of wellbeing (social, financial, physical, mental and career) to enhance employee health and engagement.

BANISHING BURNOUT

Burnout is rampant in the workplace today. Learn more about the signs, sources and causes of burnout and how you can prevent and recover from burnout.

MINDING MENTAL HEALTH FOR YOURSELF & OTHERS

Mental Health is a huge issue post-pandemic and with the state of the world. In this session, general information on the most common mental disorders will be shared, along with information on how to approach and have caring conversations with others who are struggling. And will provide information to help you take care of yourself. ***Mental Health First Aid Certified.***

MINDFULNESS AT WORK

Mindfulness has proved to be one of the most effective strategies for managing stress. In this session, techniques to utilize mindfulness at work and in life will be shared - along with opportunities to practice. ***Mindfulness certified.***

THE 7 HABITS OF LESS STRESSED PEOPLE

This workshop shares 7 habits of less-stressed, more resilient people.

EAT THIS, NOT THAT/THE NOT SO SWEET TRUTH ABOUT SUGAR/MINDFUL EATING/DIETS DEBUNKED

Partnership with a Registered Dietitian that delivers the above topics.

HR/LEADERSHIP TOPICS

ELEVATING EMPLOYEE ENGAGEMENT

Learn about employee engagement, why it's so important and best practices to maximize engagement in your organization.

BEST PRACTICES FOR RECRUITING, ONBOARDING AND RETENTION IN 2023

Turnover is a big pain point for many businesses. In this session, best practices for recruiting, onboarding and retention will be shared to help organizations maximize retention and engagement.

HR FOR SMALL BUSINESSES

Small businesses often don't have the time, resources or internal expertise to ensure they are thinking through all of the people issues and ensure HR compliance. In this session, the top 5 HR considerations for small businesses will be shared.

EMPLOYMENT LAW FOR LEADERS

Leaders need to have a working knowledge of employment law to understand how to navigate issues that may arise. This session includes an overview of the most prevalent employment laws including Discrimination, FLSA, FMLA, etc.

DOWN WITH THE DRAMA

Drama can be a big issue in the workplace - not to mention, very annoying. Learn to better manage the drama queens and kings in your workplace AND reduce the likelihood of drama occurring in the first place.

FEEDBACK, LISTENING AND COACHING

Feedback, listening and coaching are critical skills to being a successful manager. Learn and practice all of these skills in this interactive session.

THE IMPORTANCE OF EMPATHY AT WORK

Empathy is critical in the workplace today. Learn more about empathy, why it's so important, and how you can enhance your ability to be empathetic.

EMPLOYEE APPRECIATION THAT PACKS A PUNCH

Learn how you can leverage appreciation and encouragement to motivate employees through the PATS model, languages of appreciation, and best practice tips.

IMPACTFUL CONVERSATIONS

Discover how to use performance conversations, one-on-ones, coaching, and stay interviews to maximize the engagement and effectiveness of your talent.

DELEGATING FOR SUCCESS

Learn the importance of delegation and the steps to effective delegation.

MANAGING CONFLICT FOR YOURSELF AND OTHERS

Discover how to manage conflict productively when you experience it yourself - and when it involves others on your team.

INTERVIEWING FOR SUCCESS

It is critical to train managers and others involved in interviewing to manage the process effectively and legally = and to make sound decisions.

EMPLOYEE DEVELOPMENT TOPICS

TIME MANAGEMENT

Provides tips to manage your time and prioritize your work well.

PROVIDING EXCELLENT CUSTOMER EXPERIENCES

Learn tips for providing excellent customer experiences as well as how to best deal with difficult customers.

PREPARING FOR LEADERSHIP

Discover how to demonstrate leadership and other skills and behaviors that get you noticed and prepared for leadership opportunities.

WORKFORCE SUCCESS STRATEGIES

This workshop will help individuals cultivate some basic workplace skills such as how to behave professionally, dependability, work ethic, and teamwork.

ESSENTIAL COMMUNICATION SKILLS

Communication skills are critical at all levels within an organization. In this workshop, participants will learn how to speak so that others will listen, how to be an active listener and how to share feedback with others effectively.

DIVERSITY/EQUITY & INCLUSION

EMBRACING DIVERSITY, EQUITY AND INCLUSION

In this workshop, participants will learn definitions related to DEI; trends; frames of references/stereotypes/biases and how to overcome them; skills to help with inclusion like empathy, cross-cultural competency, conflict management; and how they can help create a culture on inclusion and belonging.

This can be done as a longer session or broken up into 2 workshops.

NAVIGATING GENERATIONAL DIFFERENCES

Participants will learn about the 5 generations in the workplace - formative experiences, preferences, communication styles, etc. - and how we can all work together most effectively.

SELF-AWARENESS AND TEAMBUILDING

HOW TO CREATE A WINNING TEAM USING THE WORKING GENIUS

This Working Genius model developed by Patrick Lencioni helps people identify the type of work that brings them joy - and avoid work that leads to frustration and burnout. This information can be applied personally but can be particularly effective when applied to a team to promote understanding, engagement and enhanced productivity. ***Working Genius Certified**

UNDERSTANDING YOURSELF AND OTHERS USING THE ENNEAGRAM ASSESSMENT

Small businesses often don't have the time, resources or internal expertise to ensure they are thinking through all of the people issues and ensure HR compliance. In this session, the top 5 HR considerations for small businesses will be shared. ***Enneagram Certified**

TEAM TRUST TUNE-UP

This customizable workshop or series can include the following - Working Genius, establishing team norms, clarifying the team purpose, the languages of appreciation, the importance of vulnerability, and how to have courageous conversations.

LEADERSHIP SERIES

THE 7 HABITS OF HIGH-RETENTION MANAGERS

In this workshop series or longer workshop (4 hours), managers will learn the 7 habits of high-retention managers and establish an action plan for elevating their leadership. They are:

(1) Ignite purpose, (2) Build trust, (3) Manage yourself, (4) Be a good coach, (5) Practice accountability, (6) Communicate well, (7) Show you care

LEADERSHIP BOOTCAMP

In this workshop series (which can be set up as desired), the following topics are included:

- Leadership and Engagement; Self-Awareness and Self-Regulation; Employment Law; Coaching Skills for Managers (Feedback/ Listening/Coaching); Empathy/Caring Conversations; Performance Management and Improvement.

Appropriate for managers at any level.

ACCOUNTABILITY AND PERFORMANCE MANAGEMENT

According to a study by Harvard, 46% of managers were rated poorly on holding people accountable - and accountability is one of the most important jobs of a leader. This workshop works best as a 2-part series:

- Session 1 - Defining Performance Management, Feedback, Listening, Coaching, Tips for Performance Review
- Session 2 - Accountability, Delegation, Performance Management and Improvement.