



Upcoming Workshops:

Shifting Minds: Rising Above with Resilience in Ottawa on February 16th, 2018 (space available)

Shifting Minds: Rising Above with Resilience in Sturgeon Falls on March 1, 2018 (still space available; please call for group rates)

Leading with Confidence: Supervisory Skills Training in Sturgeon Falls on April 19 & 20, 2018

Leading with Confidence: Supervisory Skills Training

Strengthen your leadership skills through self-awareness and the tools to effectively lead and create a team that is positive, motivated and productive. Many supervisors/managers have never received formal training and are relying on the leaders they've had in the past as role models (whether good or bad). This can lead to feeling under-equipped for the complex challenges involved in today's leadership roles. This workshop focuses on providing new or experienced supervisors/managers with the knowledge, awareness and skills necessary to reduce conflict, improve confidence, enhance communication, and increase employee engagement and satisfaction. Participants will learn:

- The Role of the Supervisor & how to facilitate effective leadership
- How to conduct a team assessment and get the pulse on your team
- Strategies to identify and deal with low performing employees
- How to conduct productive meetings
- Effective communication skills (giving/receiving feedback, listening, having difficult conversations)

Shifting Minds: Rising Above with Resilience

This workshop focuses on wellness, resilience, and supporting healthy attitudes and behaviours in the workplace, as well as in all areas of one's life. It engages participants to take responsibility for their own wellbeing by calling upon them to take an honest look at how they are showing up in their lives and to consider why they do what they do, and whether it is truly working for them. Participants leave this workshop with a whole new awareness of themselves and a commitment to making positive changes, both in their personal and professional lives. Specifically, you will:

- Reflect on what's working and not working in your personal and professional life
- Take charge of your own wellness and avoid burnout
- Find out how you're contributing to your own stress
- Discard negativity, gossip and shift away from unhealthy thoughts, perceptions and behaviors
- Develop a profound self-awareness and understanding of how unresolved issues may be affecting you and showing up in your work with clients and colleagues