

Personal Growth

1. Anger Management

Whether at home, work or in a social setting, losing control of one's behavior because of anger or other emotions can have dire consequences. This topic covers the emotion of anger, its impact on cognition and our personal responsibility for managing behavior. ***Anger Management can be presented as a single session overview. The multi-session seminar will include strategies for breaking patterns by identifying hot buttons and anger triggers. Four sessions are recommended.***

2. Building Self -Esteem

People make assessments and judgments daily, from the quality of a cup of coffee to the ability of a colleague to perform well on the job. No assessment is more important than our view of self. This session focuses on the worth of each person contrasted with the lies and negative experiences that erode the sense of personal value. Strategies and techniques are included for enhancing esteem in self and others. ***Building Self-Esteem can be presented as a single session overview or multi-session series that goes in depth on effective strategies for improvement. Three sessions are recommended.***

3. Conquering the Fear of Public Speaking

If you avoid situations that require speaking before others or if you break out in a sweat with just the thought of public speaking, this session offers hope. You can learn to speak with confidence and deliver a message that is uniquely yours. Participants will learn to organize thoughts and use body language in a manner that connotes confidence. A safe supportive environment is created within the training, allowing all to participate without fear or anxiety. ***Conquering the Fear of Public Speaking can be presented as a single session overview or multi-session series that includes practice opportunities. Four sessions are recommended. Seminar size is limited to twenty.***

4. Dealing with Difficult People

Have you noticed that today's culture seems to be bombarded by rude, self-centered people? Even on the job, colleagues and clients can sometimes be extremely challenging. Nonetheless, there are times when employees have no choice but to interact with difficult people. In this session, participants will receive strategies for remaining professionally focused when engaged with difficult people. *This topic can be presented as a single session overview or multi-session series that goes in depth on effective strategies for dealing with difficult people. Three sessions are recommended.*

5. Developing Healthy, Fruitful Relationships*

Are you surrounded by family members, co-workers or others who add undue stress to your life? Do you ever wonder why you maintain relationships that aren't really working? This session will: 1) establish the characteristics of healthy, fruitful relationships; 2) help individuals reflect on their role in the establishment of boundaries within relationships; and 3) examine how one's personal behavior impacts relationships. *This topic can be presented as a single session overview or multi-session series that goes in depth on effective strategies for developing healthy relationships. Three sessions are recommended.*

6. Goal-Setting

Making plans to achieve a goal without establishing an actionable plan tends to be merely a wish. This seminar will give processes for identifying one's priorities and establishing steps that support related goals. Participants will create personal goals that are measurable, practical, and achievable.

7. Work-Life Balance – Just a Phrase or Can It Be Reality?

Technology makes it possible to work around the clock from almost anywhere in the world. But, is that best? What is the fallout from being constantly connected, always accessible, totally committed to getting the job done by any means necessary? This session explores the boundaries required for pursuing (and hopefully) achieving balance. Participants will determine if their perceived priorities are aligned with their daily behaviors. ***This topic can be presented as a single session overview or multi-session series that goes in depth on effective strategies for balancing one's work and home life. Three sessions are recommended.***

Format of Seminars

Seminars are presented in a relaxed, unthreatening manner that is designed to be comfortable for all participants. Real-life, relatable stories are used as the backdrop for powerful truths that are shared. Emotions may be stirred, resulting in lots of laughter and sometimes tears, that move participants to re-think previous or current actions. Each session includes audience participation which varies according to audience size. Action steps provided via soft or hard copy handouts reinforce the seminars' key points long after the event ends.

Sessions are typically 60 - 90 minutes but can be customized to fit the needs of the audience. Topics with an asterisk designation are best delivered using longer time frames. They may be delivered over a series of successive days or weeks, depending on the schedule of the workplace.