

An interactive online training series aimed at boosting productivity and performance in the workplace. Led by an experienced facilitator who captivates participants with a passionate and engaging style, encouraging curiosity and interaction by drawing from the collective knowledge and expertise in the group.

This series is suitable for employees and managers alike who are looking to enhance their skills and perform better in their roles.

01

Effective Communication and Influencing



Understand your communication preferences and learn to effectively communicate your messaging so that it is received with the intent it is given.

02

The Power of Giving & Receiving Feedback



Learn the gift of giving and receiving valuable authentic feedback and explore the newer concept of feedforward to gain better buy-in from others.

03

Difficult Conversations and Conflict



Manage difficult conversations and avoid conflict respectfully by exploring intent versus impact of your messaging and effective strategies to diffuse situations.

04

Harnessing Your Energy to Increase Productivity



Energy is renewable and learning how to harness it is a powerful tool. Discover awareness of your strengths and find strategies to increase effectiveness in and outside work.

05

Nurturing a Growth Mindset



Explore tools and strategies to move from a fixed mindset to a growth mindset. Make small habit changes for better outcomes and leading team success.

06

Creating Positive Workplace Relationships



Success is often dependent on having a cohesive team. Gain strategies to build trust, embrace diversity and set goals to create a culture of innovation and respect.



- Includes 6 x 90-minute professionally facilitated interactive sessions over Zoom
- Workshops can be tailored for your organisation or join a group with other companies