



## Sample Workshops and Presentations

### Goal-Setting

*Make Your Career Vision a Reality*

*How to create work-life balance*

*A Change Would Do You Good*

*Make Your Wildest Dreams Come True*

### Leadership Development

*Preparing yourself to achieve excellence*

*Communicating effectively at work*

*Maintaining healthy boundaries at work*

*Make Your Job Easier and More Enjoyable*

*Strengthening your public voice*

*Managing Your Time, Managing Yourself*

*Time Keeps On Slippin'*

*Creative Problem Solving*

*Avoiding burnout*

*Stress-busting on the job*

*De-stressing the holidays*

### Management Development

*Women Leaders - Motivate and inspire your employees*

*Bridging the generation gap - valuing age differences across management lines*

*Rising through the ranks – Improving your management skills*

*How to Interview and Hire the Best People*

*Management 101*

*Boosting employee morale*



## **Sales and Customer Service**

*Filling your sales funnel*

*Increasing sales through networking*

*Winning at sales*

*Rising above your competition - total customer service*

*How to get and keep customers for life*

*7 steps to increased sales*

## **Team-Building**

*Creating an effective team*

*Communicating effectively at work*

*Creative problem Solving*

*Managing Conflict*

*Team building using experiential activities (established work-group)*

*Team building using personality styles (established work-group)*

## **Organizational Development**

*Managing organizational change*

*A practical guide to strategic and business planning for smaller organizations*

*Creating a psychologically healthy workplace*

*Measuring organizational effectiveness*

*Boosting employee morale*

*Avoiding sexism in the workplace*

*10 reasons why increased diversity will help your business*

## **Performance Enhancement**

*How to Maintain Peak Performance*

*Get Out of Your Own Way (esp. performing artists)*

*FLOW to Your Competitive Edge (esp. athletes)*