

OUR LIST OF

WORKSHOPS & TRAININGS



WELL-BEING

- HOW TO BE WELL AT WORK
- SELF-CARE AND SETTING BOUNDARIES
- MANAGING BURNOUT
- TIPS FOR MINDFULNESS
- SELF-AWARENESS DURING STRESSFUL TIMES



GROWTH AND DEVELOPMENT

- TELLING YOUR IMPACT STORY
- SELF-ADVOCACY
- VALUE-ALIGNED LEADERSHIP
- BECOMING A CATALYST FOR CHANGE
- CULTIVATING YOUR NETWORK OF SUPPORT



WORKING WELL WITH OTHERS

- FEEDBACK 101
- EMOTIONAL INTELLIGENCE
- EMBRACING EQUITY
- CREATING INCLUSIVE WORK ENVIRONMENTS



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OUR CUSTOM OFFERINGS.