



TRAININGS & WORKSHOPS OFFERED

- Conscious Communication: How to Engage in Thoughtful Expression and Active Listening (2 hours)
- The Art of Negotiation: Getting What You Want Through Collaborative Problem-Solving (1.5 hours)
- Creative Conflict Resolution (4 hours)
- Civility in the Workplace (4 hours to 7 hours, and can include Managerial Mediation practice)
- Million Dollar Communication for Million Dollar Results (8 hours)
- Boundless Collaboration: Conversation + Contribution + Teamwork = Innovation (8 hours)
- High Performing Teams (8 hours)
- Dynamic Leadership (8 hours)
- Winning Edge Leadership for Women (8 hours)
- Mastering the “Game” of Change (8 hours)
- Myers-Briggs: To Better Understand Yourself and Others (4 hours)
- How to Create a Thriving Team Dynamic (4 hours)
- Employee Recognition: The Linchpin To Cultural Transformation (4 hours)
- How to Deliver Feedback Fearlessly & Effectively (4 hours)
- How to Facilitate a Meeting (4 hours)
- Become a Brilliant Bystander (4 hours)
- Linguistic Re-framing (4 hours)
- Uncovering Unconscious Bias (4 hours)
- Constructive Conflict: Resisting Social Pressures & Improving Mental Habits (4 hours)
- Navigating Challenging Conversations: Skillful Honesty – Effective Action (8 hours)
- Conflict is an Opportunity: Skills for Transforming Conflict with Confidence (14 hours)
- Powerful Listening: How to Listen so People will Share their Concerns with You (4 hours)
- Challenging Conversations: How to Share Your Concerns so People Will Hear You (4 hours)
- Addressing Annoying Behaviors: Tools Mediators Use ... And You Can, Too (4 hours)
- Communication Skills of Highly Effective People (3 hours)
- Basic Mediation Training (32 hours)
- More – Just Ask! *(We are happy to customize a training to meet your company's needs in the areas of communication, collaboration, conflict management, or related areas.)*

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