

ARE YOU SEEKING A WORKSHOP OR LEARNING EXPERIENCE FOR YOURSELF OR YOUR TEAM?

In recent years, I've designed and delivered a wide range of inspiring experiences for corporate and NGO clients including Hyatt Hotels, LOLÉ Brands, World Learning, American Councils, Tahoe Orthopedics & Sports Medicine, and the Eurasia Foundation. This is what I can offer you in 2024:

- ✓ Teambuilding & Leadership Development Events
- ✓ Workplace Skills Building Workshops & Advising
- ✓ Educational Program Leadership and Design
- ✓ Training of Trainers and Facilitators
- ✓ Project Design, Pitch and Delivery Programs
- ✓ Operations, Logistics, Risk Management and Event Planning
- ✓ Communication Skills Boosters
- ✓ Mentoring, Networking and Social Connection Activities
- ✓ Life Mapping, Wellness and Workplace Skills Coaching
- ✓ Resume, Personal Branding, and Interview Skills Tutorials

2024 WORKSHOP, TRAINING AND PROGRAM TOPICS

In 32 years of working with individuals and groups from more than 170 countries, I've built a deep and wide-ranging skill-set and knowledge base that I'd be honored to share with you. **Here are some of the learning areas I can offer you, all customizable to your needs:**

WORKPLACE DYNAMICS & TEAM DEVELOPMENT

- How We Work in 2024
- Teambuilding & Teamwork
- Onsite, Hybrid & Remote Teamwork
- A.I. & Technology Impacts
- Recruiting, Onboarding & Training
- Have Better Meetings
- Conflict & Difficult Conversations
- Rethinking Feedback
- Revitalize Problem Solving
- Role Clarity Is Empowering
- Building Trust & Psych. Wellness

COMMUNICATION SKILLS

- Listen To Hear & Understand
- Asking Great Questions
- Feedback & Framing
- Public Speaking
- Decision Making
- Dialogue & Delegation
- Coaching & Mentoring
- Cross-Cultural Communication

FACILITATION, TRAINING & EDUCATIONAL PROGRAMS

- Training Of Trainers & Facilitators
- Expert Facilitation Live & Online
- Global Education Design & Delivery
- Designing & Directing Education Programs, Retreats & Camps
- Experiential Learning & Teaching
- Design Practices & Principles
- Working With Children & Youth
- Cultural Adjustment & RCS
- Teaching Global Issues & Civics

LEADERSHIP

- Leading Hybrid & Remote Teams
- Retaining Talented People
- Leadership Styles & Choices
- Positive Daily Leadership Actions
- 21st Century Mindful Leadership
- Rethink Mission, Vision & Values
- Building, Training & Leading A Productive & Successful Team
- Empowering And Nurturing Talent
- Coaching & Mentoring Skills
- Managing Conflict & Drama
- Leading Intergenerational and Multicultural Teams
- Building Inclusive, Diverse & Accessible Workspaces
- Building Ownership & Autonomy

WELLNESS

- Self Care & Wellness Plans
- Building Personal Resilience
- Mindfulness Based Stress Reduction
- QiGong & Grounding
- Physical & Mental Health Tools

PROJECT DESIGN, RISK MANAGEMENT & LOGISTICS

- Risk & Crisis Management Fundamental & Practices
- Education & Outdoor Programs
- Logistical Planning & Tools
- Event Planning & Delivery
- Budget Design & Management
- Project/Program Design, Planning, Management & Scaling Up
- Time & Organizational Tools

POSITIVE PSYCHOLOGY & EMOTIONAL INTELLIGENCE

- What is Emotional Intelligence?
- Self Awareness & Self Regulation
- Social Awareness & Social Skills
- Compassion, Empathy & Motivation
- Thriving, Positivity & Potential
- Growth Mindsets & Character Strengths
- Finding & Aligning With Purpose
- Responding vs. Reacting
- Hope, Zest, Vitality & Curiosity
- Ownership, Authenticity & Autonomy
- Positive Neuroscience & Personality
- Belonging, Intuition & Gratitude

PERSONAL DEVELOPMENT

- PATHBUILDER ©
- Mapping Your Life Plans
- Living & Working Purposefully
- Showing Up With Your Best Self
- Creating Sustainable Changes
- Goal Setting & Meeting
- Aligning Values & Decisions
- Envisioning & Mind Mapping
- Choices & Responsibility

OUTDOOR EDUCATION

- Kayak & Paddleboard Instruction & Guiding
- On The Water & Weather Safety
- Training Outdoor Guides
- Map, Compass & Orienteering
- Ropes Course Facilitation & Belay
- Backcountry Camping & Cooking
- Snowshoe & Hike Adventure

EXAMPLES OF WORKPLACE, LEADERSHIP AND TEAM DEVELOPMENT WORKSHOPS

- Exploring A.I. & Emerging Technology Impacts In The Workplace
- Professional Facilitation Skills For Workshops, Meetings & Online Events
- You're In A Leadership Role, But How Do You Actually Do Leadership?
- How We Work In 2024: Building & Leading Onsite, Hybrid or Remote Teams
- Leadership Through Emotional Intelligence
- Be a Leader Others Love Working For
- How to Nurture Talent
- Design Thinking
- Gen. Z and Diversity: Leading Your Intergenerational & Multicultural Team
- Strengths Based Leadership Strategies
- Revitalize Your Actionable Mission, Vision & Values
- Empowering Your Team With Role Clarity & Relative Autonomy
- Am I an Inclusive Leader? Practical D.E.I. Tools
- Recruiting, Onboarding, Training And Retaining Talented People
- Tools For Communicating, Engaging and Connecting With Colleagues
- Ask Better Questions And Boost Your Listening Skills
- Building Trust, Self Esteem & Psychological Safety With Your Team
- How To Have Better Meetings & Stronger Problem Solving
- Feedback 2.0; A Better Way To Do What Many Managers Dread
- Having Difficult Conversations And Managing Drama & Conflict
- Mindful Leadership Choices When The Going Gets Tough

All workshops can be content customized & creatively combined, delivered in person or via Zoom, and range from 2 hours to multiple days.

EXAMPLES OF PERSONAL PLANNING, GROWTH & SKILLS WORKSHOPS

- PATHBUILDER: Mapping A New Way Forward ©
- 168 Hours: Getting Into The Driving Seat of Your Life ©
- The Compass Of Compassion: Values Based Decision Making ©
- Aligning Work & Life Choices With Your Purpose, Values & Compass
- Purpose, Plans & Priorities
- Harness Practical Positive Psychology Tools To Thrive in Life & Work
- Crazy Busy? Manage Time Like a Pro
- Telling Your Story: Branding, Messaging & Communicating
- Boost Your Success: Resumes, Cover Letters And Interviewing
- Building Personal Resilience
- Unsettled World, Grounded Self
- Navigating Uncertain Times With Resilience, Curiosity & Connection
- Designing, Pitching & Implementing Projects
- Taking Responsibility For Your Life Choices & Goals
- Cultivate Your Curiosity
- Wellness Planning For Your Busy Life
- Setting Intentions & Goals & Putting Them Into Action
- Why? Cultivate Curiosity & Explore Motivations
- Be Your Authentic And Best Self
- Navigating The Feeling That Something Is Off
- So You Wanna Go Freelance? (Offered in collaboration with Norton Works)

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