



InterHuman Solutions

Helping people, teams, and workplaces thrive

By working with us, you will be able to...



Strengthen team dynamics, trust, accountability, and communication



Develop effective leaders who manage, inspire, and cultivate top talent



Increase employee satisfaction, engagement, support, and retention



Improve work culture, enhance employee productivity, and achieve better outcomes

How we help transform teams and workplaces



Skill-based Training

We offer custom workshops in leadership, conflict management, communication, and resilience. Our workshops equip leaders and team members with the skills they need to work collaboratively, engage in tough conversations effectively, increase team productivity, improve problem-solving capabilities, and manage people successfully.



Tailored Programs

We deliver tailored solutions to meet your unique needs, such as meeting facilitation, experiential retreats, strategic planning, change management, and community engagement. We align each program with your goals and challenges, provide customized design and implementation, and focus on actionable plans and measurable results.



Restorative Practices

We help your teams build relationships, increase engagement, create accountability, restore trust, and repair harm. Our conflict resolution processes help you develop group norms, foster a respectful and cohesive team environment, resolve conflicts constructively, and improve team dynamics.



Professional Coaching

We provide individual, manager, and group coaching to help team members unlock their potential and accelerate professional growth. Our coaching will help strengthen your team members' leadership skills, cultivate a growth mindset, and improve team effectiveness.

Ready to transform your culture? Contact us today!

✉ interhumansolutions@gmail.com

📞 919.444.2126

🌐 interhumansolutions.com

Our Unique Strengths

Experience

- ✓ **Extensive background** in facilitating and training across sectors, including non-profits, healthcare, academia, and science research
- ✓ **Expert facilitation** of meetings, workshops, and discussions, ensuring the engagement and empowerment of all participants
- ✓ **Established professional** in leadership development, organizational culture, change management, strategic planning, and conflict resolution
- ✓ **Direct experience** in leadership, human resources, science research, health, support roles, administration, and daily operations
- ✓ **Proven track record** helping executive leaders, managers, physicians, faculty, administrative professionals, clergy, and front-line team members overcome challenges and drive organizational success



Melissa Segal

What Clients Say:

"She completely transformed our department culture, and her coaching changed my life."

"Melissa offered tangible, actionable advice—something I've rarely experienced."

"Attendees repeatedly comment on her ability to create space for deep growth and change."

"The workshop was practical, interactive, and engaging. Her tips were immediately applicable."

Melissa is...

"A phenomenal speaker and facilitator"

"A true partner to our team"

"Extremely easy to work with"

"Warm, empathetic, and knowledgeable"

"If you are thinking about hiring her, stop thinking and just go for it. You won't be disappointed."

What Sets Us Apart

- ✓ **Customized Solutions:** Engagements are customized to each organization's needs
- ✓ **Human-Centered:** Strategies prioritize relationships, engagement, and people
- ✓ **Results-driven:** Focus is on practical skills, actionable steps, and concrete results
- ✓ **Expert-Led:** Expertise in facilitation, culture, leadership development, and adult learning
- ✓ **HUB Certified:** Woman-Owned & Small Business Enterprise

Contact us today for a free consultation

Discover how our tailored solutions can cultivate success for you and your team!

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Learn more about our solutions



Skill-based Trainings

Equip your workforce with fundamental skills:

- ✓ **Navigating Tough Conversations:** Skillfully manage and resolve difficult issues
- ✓ **Giving & Receiving Feedback:** Learn how to effectively provide and embrace feedback
- ✓ **Building Successful Teams:** Enhance team dynamics, collaboration, and communication
- ✓ **Fostering Psychological Safety:** Create an open and trusting work environment
- ✓ **Resilience & Well-being at Work:** Address burnout and cultivate healthy team practices
- ✓ **Caring for Our Teams & Ourselves:** Build in self-care and support for people and teams
- ✓ **Managing During Uncertainty:** Effectively support your teams during tough times
- ✓ **Driving Cultural Change:** Transform culture through honesty, humility, and humanity
- ✓ **Being an Upstander:** Advocate and stand up for yourself and others in response to harm
- ✓ **Navigating Challenging Behavior:** Address patient, client, peer, or student behavior
- ✓ **Creating an Inclusive Workplace:** Build respect, intentionality, and understanding
- ✓ **Moving from Peer to Leader:** Successfully navigate the shift from co-worker to manager
- ✓ **Colleagues Who Care:** Cultivate empathy, support, and validation among peers
- ✓ **Restorative Practices:** Integrate practices that strengthen teamwork and trust
- ✓ **The Mentoring Relationship:** Explore the four stages, action items, and considerations
- ✓ **Managing Grief & Stress:** Find balance and peace during tough times



Tailored Programs

Select customized solutions to meet your needs:

- ✓ **Strategic Planning & Change Management**
- ✓ **Meeting Facilitation**
- ✓ **Team-building & Experiential Retreats**
- ✓ **Community & Team Engagement**



Restorative Practices

Create a culture of accountability, trust, and collaboration through facilitated:

- ✓ **Assessments:** Identify teams' needs, gather insights, and implement tailored solutions
- ✓ **Team Building:** Develop relationships, establish norms, and strengthen teams
- ✓ **Conflict Resolution:** Repair harm and restore relationships for long-term success



Professional Coaching

Enhance leadership and effectiveness through:

- ✓ **Individual coaching:** Accelerate personal and professional growth
- ✓ **Manager coaching:** Strengthen leadership and supervisory skills
- ✓ **Group coaching:** Foster peer leadership, and share best practices