



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