



Learn more about our solutions



Culture & Communication Workshops

- Navigating Tough Conversations:** Address and resolve difficult issues with clarity and respect
- Fostering Psychological Safety:** Create transparent, empowering, and trusting environments
- Moving from Peer to Leader:** Navigate the transition from colleague to supervisor
- Restorative Practices:** Integrate practices that strengthen teamwork, accountability, and trust
- Giving & Receiving Feedback:** Provide and receive feedback that improves performance and trust
- Building Successful Teams:** Strengthen team dynamics, collaboration, and communication
- Resilience & Well-being at Work:** Address burnout, and cultivate sustainable team practices
- Navigating Uncertainty:** Maintain clarity, communication, and focus during times of change
- Being an Upstander:** Advocate for yourself and others in response to harm
- Navigating Challenging Behavior:** Respond effectively to patient, client, peer, or student behavior
- Driving Cultural Change:** Strengthen workplace culture through honesty, humility, and humanity
- Creating an Inclusive Workplace:** Build respect, intentionality, and understanding
- The Mentoring Relationship:** Establish and cultivate a productive, effective training experience
- Caring for Our Teams & Ourselves:** Support people and teams through stress, challenge, and loss



Conflict Resolution & Restoration

- Assessments:** Identify challenges, analyze team dynamics, and recommend practical solutions
- Team Building:** Strengthen relationships, improve communication, and build trust within teams
- Conflict Resolution:** Facilitate repair, rebuild trust, and restore working relationships



Team Alignment & Facilitation

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



Coaching

- Emerging Leaders
- New & Established Managers
- Executives