



# InterHuman Solutions

Helping people, teams, and workplaces thrive

## By working with us, you will...



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



### Culture & Communication Workshops

Interactive, practical workshops that build essential skills in communication, collaboration, team dynamics, and healthy workplace culture

**Benefit:** Cultivate tools to navigate feedback, team dynamics, supervision, and problem-solving



### Team Alignment & Facilitation

Custom engagements for retreats, strategic planning, team-building, meeting design, and proactive culture change

**Benefit:** Create strategic alignment, connections, engagement, goal clarity, and shared purpose



### Conflict Resolution & Restoration

Restorative facilitation to address conflict, rebuild trust, and improve collaboration

**Benefit:** Develop a culture of understanding, trust, accountability, collaboration, and team cohesion



### Leadership Coaching & Development

Individual and team coaching for executives, managers, and emerging leaders

**Benefit:** Build the confidence, clarity, and habits to lead with purpose and impact

Ready to transform your culture? Contact us today!

✉ [interhumansolutions@gmail.com](mailto:interhumansolutions@gmail.com)

📞 919.444.2126

🌐 [interhumansolutions.com](http://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



### 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