

# Keynotes & Workshops

Set your workplace culture on track for growth, productivity, and joy.

Developing More Mindful Leaders and Employees

## Most Requested Topics

### Grief Awareness

Empower your leaders and employees to know exactly how to help a colleague facing tragedy, injury, or loss.

### Stress Management

Prevent burnout, reduce healthcare costs, and increase individual performance with simple mindfulness strategies that shift employees from surviving to thriving.

### Conscious Communication

Elevate your culture and collaboration to new heights with tools and strategies that increase clarity, responsibility, and accountability.

### Emotional Intelligence

Increase productivity and culture by equipping your employees with tools for self-regulation, self-awareness, motivation, and relationship-building.

### Conflict Management

Create more effective pathways for addressing grievances and collaborating toward resolution.

## Most Requested Topics

### Introductory Lunch-and-Learn

Thirty to sixty minutes of mindfulness can create a huge impact on stress management and well being.

### Monthly Mindfulness Training

Customize a series of 1 - 2 hour ongoing trainings that address the challenges prevalent among your leaders, employees, and culture, providing new strategies and accountability.

### Quarterly Workshops

Deepen the learning with experiential half-day sessions designed to learn, practice, and refine new skills to improve personal, professional, and workplace wellness.