

Communication Skills for Effective Leadership

- for entire staff complement (over 500 people), including management and senior leadership team in "Executive Edition"

Fostering Mental Health and Safety in the Workplace

- for entire staff complement (over 200 people), with leadership integrated into the sessions

Building and Maintaining Resilient Teams

- for entire staff complement (over 140 people)

Early Intervention: Conflict Coaching and Mediation Skills

- for entire HR team (26 people)

How to Have Difficult Conversations

Communication Skills for Conflict Resolution

Building Respectful Workplaces

Talking about Mental Health at Work

Dealing With Anger in the Workplace

Navigating Organizational Conflict

Managing Defensiveness

Coaching: Moving Beyond Empathy and Advice

Early Intervention Skills: Insider Mediation

Leading from Centre: How to Show Up as Needed

Dismantling Racism

Building Personal Resilience

From 'Us & Them' to 'We': Strategies & Tools for Addressing Group Conflict

Putting the Gag on Workplace Gossip

Building Trust

Managing Your Primary Leadership Asset: Yourself

Managing Unresolvable Problems

Leading Through Change

Building Resilient Teams

Meetings: From Miserable to Meaningful