

Success Skills Workshops – Full Catalog

Topic	Description
Giving and Receiving Feedback	<ul style="list-style-type: none"> • Understand the principles of effective feedback. • Practice techniques for delivering and receiving constructive feedback. • Strengthen communication skills to ensure clear, actionable, and impactful feedback. • Cultivate a growth mindset to embrace feedback as a tool for continuous improvement.
Navigating Difficult Conversations	<ul style="list-style-type: none"> • Learn techniques to de-escalate conflict. • Develop strategies to foster mutual understanding and collaboration. • Develop the ability to frame tough topics with clarity and respect. • Learn how to set boundaries while maintaining a collaborative tone.
Emotional Intelligence (EQi)	<ul style="list-style-type: none"> • Develop self-awareness and social awareness. • Practice managing emotions in challenging situations. • Strengthen decision-making through improved emotional regulation. • Enhance your ability to build and maintain meaningful relationships.
Leveraging AI Every Day	<ul style="list-style-type: none"> • Familiarize with AI tools for workplace efficiency. • Strategize AI integration into daily tasks. • Discover how AI can enhance creativity and problem-solving. • Learn how to automate repetitive tasks for increased productivity.
Active Listening	<ul style="list-style-type: none"> • Develop deep listening skills. • Foster stronger connections in personal and professional contexts. • Enhance your ability to ask thoughtful, open-ended questions. • Learn techniques to engage and understand others' perspectives fully.
Time Management and Prioritization	<ul style="list-style-type: none"> • Learn techniques for effective prioritization. • Build a personalized time management system. • Master strategies to minimize distractions and stay focused. • Discover tools to streamline task planning and execution.
Coaching and Mentorship Skills	<ul style="list-style-type: none"> • Build foundational coaching skills. • Foster a culture of growth and learning. • Develop an effective feedback culture to empower others. • Enhance personal leadership styles to inspire and motivate teams.
Adaptability and Change Management	<ul style="list-style-type: none"> • Learn strategies for embracing change. • Cultivate resilience in the face of uncertainty and challenges. • Lead others through transitions effectively. • Develop the skills to manage resistance and foster acceptance.

**Seize
Your
Success**

Presentation and Storytelling	<ul style="list-style-type: none">• Gain skills to connect with audiences and inspire action through storytelling.• Use storytelling to connect and inspire.• Learn techniques to present complex ideas clearly and effectively.• Master the art of creating compelling narratives that engage and persuade.
Collaboration and Team Dynamics	<ul style="list-style-type: none">• Understand and resolve challenges in team dynamics.• Build a framework for creating a high-performing team environment.• Implement practical tools for aligning team goals with organizational objectives.• Learn how to leverage diverse strengths and perspectives for better team outcomes.
Decision-Making and Critical Thinking	<ul style="list-style-type: none">• Apply structured frameworks to solve problems and evaluate options.• Build confidence in making sound, timely decisions under pressure.• Enhance your ability to analyze complex situations and anticipate potential outcomes.• Learn to overcome biases and emotional influences for more objective, rational choices.
Influence and Negotiation	<ul style="list-style-type: none">• Develop persuasive communication skills to influence effectively.• Learn techniques for achieving win-win negotiation outcomes.• Learn how to manage power dynamics and maintain control during negotiations.• Discover strategies to align stakeholder interests and drive collaborative solutions.