



POWER SHIFT
CONSULTING
CULTIVATING GREATNESS

The Bloom Workshop Series Program Description

www.powershift.live
716-203-1233



PROGRAM OUTLINE

Resilience

Description: Develop the ability to recover quickly from setbacks and challenges, fostering a stronger sense of control and adaptability.

- o Understanding resilience
- o Strategies for bouncing back from challenges
 - o Building a resilient mindset
 - o Overcoming fear of failure
- o Strengthening emotional endurance

Self-Control

Description: Learn to manage emotions, impulses, and behaviors to make better decisions and achieve long-term goals.

- o Recognizing triggers
- o Techniques for managing impulses
- o Long-term benefits of self-discipline
 - o Creating healthy habits
- o Strategies for staying motivated

Respectful Communication

Description: Master the art of clear and respectful dialogue to build trust and understanding in personal and professional relationships.

- o Active listening skills
- o Managing conflict constructively
- o Expressing thoughts with clarity and respect
 - o Non-verbal communication skills
- o Building consensus in group settings

Hygiene

Description: Understand the importance of maintaining personal hygiene to promote health, confidence, and professionalism.

- o Importance & impact of personal hygiene
 - o Establishing daily routines
 - o Hygiene in professional settings
- o Addressing hygiene challenges with limited resources
 - o Hygiene and its impact on mental health

PROGRAM OUTLINE

Building Positive Relationships

Description: Develop skills to create and maintain healthy relationships that foster mutual respect and collaboration.

- o Identifying healthy vs. unhealthy relationships
- o Strategies for effective collaboration
- o Empathy and emotional intelligence
- o Setting and respecting boundaries
- o Managing interpersonal conflicts

Coachability

Description: Learn to embrace feedback and use it as a tool for personal and professional growth.

- o Openness to feedback
- o Implementing constructive criticism
 - o Developing a growth mindset
 - o Building trust with mentors
- o Evaluating and tracking progress

Stress Management

Description: Explore techniques to manage stress effectively, promoting wellbeing and productivity.

- o Recognizing stressors
- o Techniques for relaxation and mindfulness
 - o Creating a stress-reduction plan
- o Managing stress in high-pressure situations
- o Utilizing support systems for stress relief

Personal Branding

Description: Discover the power of personal branding to showcase your unique skills and values professionally.

- o Understanding your personal brand
 - o Building a professional image
 - o Networking and self-promotion
 - o Developing an online presence
- o Enhancing credibility and trustworthiness