

WORKSHOPS



Below is a sampling of available offerings. Have something specific in mind? Let's connect—I'll design and facilitate a customized experience tailored to your needs.

True Colors Self-Discovery

An easily understood model of personality identification for people of all ages, True Colors has been used around the world and has been translated into more than a dozen languages. Outcomes include improved communication and strengthening of teams and work units. Through the True Colors program, we open the door to understanding the behaviors and motivations of others relative to our own style, which mitigates conflict and fosters positive relationships. **Highly interactive and engaging. Optimal with a group of 15 or more participants.**



Communication Strategies...and a True Colors Option

True Colors Communication Strategies builds on the insights gained from the True Colors Self-Discovery program and takes the learning to the next level. Participants explore topics such as introversion and extraversion, how to approach challenging conversations, conflict resolution through a multi-perspective lens, and strategies for more effective coaching and communication. This session is highly interactive, practical, and engaging. **Pre-Requisite:** True Colors Self-Discovery Program. **Optimal with a group of 15 or more participants.**



Maximize Impact with the True Colors 3-in-1 Experience: To maximize participants' time and provide exceptional value, True Colors is also offered as one comprehensive 3-hour program that includes True Colors Self-Discovery, True Colors Communication Strategies, and True Colors Conflict Navigation. *Team-Building is also woven into the program.* This streamlined format delivers deep learning and meaningful takeaways in a single, cost-effective experience. Contact me to discuss what might work best for you and your team.

DISC Assessment - 1:1 and Workshops

The DISC Assessment is a simple, practical, and easy-to-remember model that explores individual behavioral preferences and tendencies, which opens the door to understanding self and the preferences of others. It focuses on patterns of external, observable behavior and measures the intensity of traits within the four primary styles: **D**ominance, **I**nfluence, **S**teadiness, and **C**onscientiousness. Gain insights into both your Natural and Adapted Styles through a comprehensive report. **Individual and group sessions available.**





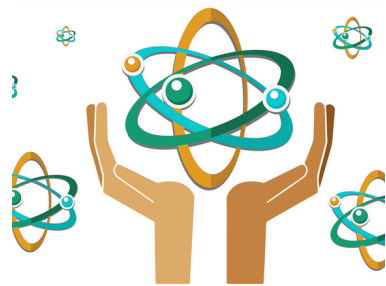
Workshops are customized to meet your needs, and a variety of topics can be explored. Contact me for more information. Let's collaborate!

Public Service Excellence - Customer Service in the Public Sector

In local government, prioritizing customer service isn't just a "nice idea." It's essential. Whether employees are supporting residents, visitors, or coworkers from the front desk, in the field, over the phone, or behind the scenes, their role shapes how interactions with local government are experienced and trust is built. This engaging, interactive workshop will equip participants with practical tools to handle daily interactions with empathy, professionalism, and confidence. We will explore emotional intelligence, self-awareness and bias, and everyone will be given the opportunity to practice what's been learned in breakout sessions.



The Power of 1%



Drawing inspiration from James Clear's bestselling book Atomic Habits, The Power of 1% is a transformative experience that empowers individuals to harness the impact of small, consistent habits to achieve meaningful results, both personally and professionally. This program offers practical strategies and actionable insights to create lasting behavior change and sustain long-term success in any endeavor. Come along for the fun where breakout sessions bring your habit development to life!

Coaching for Performance & Disciplinary Documentation

This dynamic program is designed to equip managers and HR professionals with the skills and strategies necessary to effectively coach employees for improved performance while documenting disciplinary actions that align with your employer's policies. Participants will explore their role in fostering employee growth and success, addressing performance issues, adhering to applicable laws and policies, and maintaining accountability within the organization.



Other Topics to Explore



- Hiring Top Talent (Behavioral Interviewing)
- New and Emerging Leader Series
- From Peer to Supervisor - What Now?
- Effective Coaching Strategies
- True Colors for Teens

Have a topic in mind? Let's collaborate!