

Stillwork Coaching and Consulting
Workshops and Trainings by Heidi Holtz, MA, CLLC, ACSTH
Costs range from \$500 to \$2500, not including travel

TRAINING TOPICS	DETAILS	FORMAT(S)
Nonprofit Lifecycles™ Capacity Building	The Nonprofit Lifecycles Capacity Building model enables organizations to diagnose their current organizational capacity in the areas of programs, governance, management, financial health and administrative systems.	<ul style="list-style-type: none"> • Three 10-12-minute introductory videos • 60-minute interactive virtual • 3- hour in-person training with case studies and practice implementation
Board 101: Refresh and Renew	Workshop on roles and responsibilities for nonprofit boards, with updates on leading practices. Applicable (and adapted) for organizations in all stages of organizational development.	<ul style="list-style-type: none"> • 60-minute virtual training with opportunity for specific questions • 2-3 hour in-person interactive workshop with learning games and case studies
Board Development and Engagement Practices	Trainings on specific tools that will develop nonprofit board membership, engagement, and capacity. <ul style="list-style-type: none"> • How to use a board matrix for developing diversity of perspective and increase membership. • Using the Intersections Tool™ to grow connections and membership. • How to create or refine a board “job description.” • “Who Does What” exercise to establish healthy board/staff relationships. • “What I Do Best” exercise (developed from Gallup CliftonStrengths™) 	<ul style="list-style-type: none"> • Can be virtual or in-person. • Length varies on organizational need and capacity.
Organizational Planning and Evaluation	Specific tools for planning, strategizing, and evaluating programs. Tools are especially helpful for early-stage strategic planning. <ul style="list-style-type: none"> • SOAR instead of SWOT: using a strengths-based approach. • Program Mapping for Sustainability: an introduction to the Sustainability Mindset Model.™ • Community Listening Tours: how to effectively capture community input • After Action Reviews: evaluating events and programs 	<ul style="list-style-type: none"> • Can be virtual or in-person. • Length varies on organizational need and capacity.
StoryGrowing	A workshop, with elements based upon the work of Andy Goodman/The Goodman Center, on how to effectively tell your personal or organizational story. Includes types of stories, how to develop a storytelling culture, ways to share, how to address confidentiality, and examples/practice in live, photographic and/or video storytelling.	<ul style="list-style-type: none"> • 1-hour virtual introduction. • 3-hour in-person training with practice sessions. • Individual or small-group coaching available

Positive Intelligence	An introduction to Positive Intelligence™, a foundational model for personal growth and mental fitness developed by Shirzad Chamine. Includes access to testing.	<ul style="list-style-type: none"> • 1-hour virtual introduction.
Individual and Team Coaching	Leadership coaching for all, especially not-for-profit staff and board. Includes workshops in communicating, work/life balance, managing up/down/sideways, developing emerging leaders, strengths-based mentoring.	<ul style="list-style-type: none"> • Workshops vary in length • Coaching sessions last 1 hour • Packages available