

# Navigating Workplace Conflict & Difficult Conversations

## SESSION DESCRIPTION

In today's dynamic work environments, navigating workplace conflict and handling difficult conversations with grace and professionalism is an invaluable skill. Whether you're an individual contributor, manager, or team member, conflicts and challenging discussions are a part of professional life. This interactive and practical workshop equips you with the tools and strategies to effectively manage and resolve conflicts, fostering a more harmonious and productive workplace.

## LEARNING OBJECTIVES

- Recognize Conflict's Underlying Causes: Understand the root causes of workplace conflicts to address them effectively.
- Master Effective Communication: Learn active listening, empathy, and constructive feedback techniques for resolving interpersonal conflicts.
- Navigate Difficult Conversations: Gain confidence in tackling challenging discussions and finding common ground.
- Build Collaborative Environments: Discover methods for fostering teamwork, inclusivity, and positive workplace dynamics.

## WHO SHOULD ATTEND

This session is designed for professionals, managers, team leaders, and anyone looking to enhance their conflict resolution and communication skills. Whether dealing with interpersonal issues, team conflicts, or challenging conversations with superiors or colleagues, this session will provide practical insights to help you excel in your role.

## FORMATS

Engaging/Interactive Keynote

Workshop

Webinar

Q&A sessions for personalized guidance



Rachel Kuhlen

[www.realizeyoucoaching.com](http://www.realizeyoucoaching.com)

# Amplify Your Impact: Harnessing Your Emotional intelligence Superpower

## SESSION DESCRIPTION

Across industries, professions, polls, and leadership articles, emotional intelligence is consistently among the Top 5 skills needed for an effective leader. Yet, it is also considered the hardest to develop. Or is it?

As organizations struggle to retain and develop leaders, creating a space where emerging and seasoned leaders can come together to learn, grow, and amplify their impact through improved self-awareness is vital. Emotional Intelligence is a superpower, and through developing our emotional intelligence, studies show individuals can increase their productivity, become more creative, more confident, better communicators, more promotable, build stronger relationships, and perform better at work. **This means increased engagement, higher productivity, and less turnover for your organization.**

Participants will leave this session excited to implement this powerful skill to amplify their personal and professional impact.

## LEARNING OBJECTIVES

- Discover the fundamentals of emotional intelligence and how to apply them successfully.
- Identify & shift patterns to increase engagement.
- Develop an action plan to incorporate new-found awareness into your day-to-day.
- Create accountability that sticks!

## WHO SHOULD ATTEND

This keynote is designed for anyone interested in learning more about emotional intelligence. It is particularly relevant for people who want to improve their relationships, achieve their goals, and be more successful.

## FORMATS

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# Navigating Burnout, Resiliency, and Work/Life Balance in Today's Environment

## SESSION DESCRIPTION

In today's fast-paced and ever-changing world, it's more important than ever to be resilient. Burnout is a real problem that can affect anyone, and it's important to know how to recognize the signs and symptoms so that you can take steps to prevent it.

This session will explore the causes and symptoms of burnout, as well as strategies for building resiliency. Participants will learn how to identify the signs of burnout, set boundaries, and take care of their mental and emotional health so they can thrive personally and professionally.

## LEARNING OBJECTIVES

- Recognize the early signs of burnout.
- Uncover the not-so-obvious reasons we allow burnout to happen.
- Discover the skills to build resilience and set boundaries that allow you to thrive.
- Create a personalized plan to navigate your work/life balance with success.

## WHO SHOULD ATTEND

This session is for anyone feeling stressed, overwhelmed, or burned out. It is also for anyone who wants to learn how to build resilience and thrive in the face of stress.

## FORMATS

Engaging/Interactive Keynote

Workshop

Webinar

Q&A sessions for personalized guidance



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# Put Me In Coach: Owning Your Professional Development

## SESSION DESCRIPTION

In today's ever-changing workplace, it is more important than ever for professionals to take ownership of their own development.

By investing in yourself, you stay ahead of the curve, increase your chances of success, and are more productive in your current role allowing you to get ready for your future role. Developing new skills and knowledge increases your value and opens you up to opportunities that can help you to advance your career. **When you invest in yourself, you are sending a message to yourself and to others that you believe in yourself and your abilities.**

When it comes to professional development:

- 70% of employers say that professional development is important for career advancement.
- 60% of employees say that they would stay with their current employer longer if given more opportunities for professional development.
- Employees participating in professional development are likelier to be engaged and productive at work.

## LEARNING OBJECTIVES

- Recognize and shift beliefs to create a career success mindset.
- Link three core values to career opportunities.
- Chart the action areas essential for career development to create their personalized career roadmap.
- Create three accountability action items to be completed within 90 days.

## WHO SHOULD ATTEND

This keynote or workshop is designed for anyone interested in learning more about the key pieces of owning your development. It is particularly relevant for people who want to improve their professional or leadership development, achieve their goals, and be more successful.

## FORMATS

Engaging/Interactive Keynote

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# Enhancing Adaptability & Organizational Awareness

## SESSION DESCRIPTION

This session is designed to equip professionals with the essential skills to navigate change confidently and thrive in dynamic environments. Participants will delve into understanding the critical role of adaptability, explore the principles of effective change management and resilience-building techniques, and gain a deeper understanding of their organization's culture, mission, and dynamics. By cultivating adaptability, enhancing interpersonal skills, and developing adaptive leadership techniques, attendees will be well-prepared to lead through change, foster collaboration, and navigate uncertainty with resilience and success.

When it comes to adaptability and organizational awareness:

- According to a survey by the World Economic Forum, by 2025, approximately 35% of core job skills will change due to automation, requiring employees to demonstrate adaptability to evolving roles and technologies.
- A Harvard Business Review found that 79% of executives considered organizational awareness, including understanding company culture and politics, as crucial for success in leadership roles.

## LEARNING OBJECTIVES

- Explore the critical role of adaptability in navigating change, learn principles of effective change management, and build resilience.
- Gain insights into your organization's culture, mission, and dynamics. Identify key stakeholders and navigate workplace politics successfully.
- Build the mindset and skillset to embrace change confidently. Enhance interpersonal skills for collaboration and adaptability. Develop adaptive leadership techniques.

## WHO SHOULD ATTEND

This keynote or workshop is designed for anyone interested in learning more about adaptability, resilience, navigating ambiguity, and fostering collaboration during times of uncertainty. It is particularly relevant for people who want to improve their professional or leadership development, achieve their goals, and be more successful.

## FORMATS

Engaging/Interactive Keynote

Workshop

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