



TIME OUT TO FIND OUT

Taking Steps to Find Out How You are Wired

5-Part Workshop Series

Our focus will be on emotional/behavioral well-being educating on the parallels between bodies and business, our behavioral self and our physical self. Sessions will be 75-minutes on-site for up to 20 participants.

Session 1:

“Deal Me In” Card Game

- Addresses in a fun way
- “Who Am I?”
- “What Do I Like?”
- “What Don’t I Like?”

Session 2:

“Invest in Your Values”

- What are your motivators?
- What are you passionate about?
- What brings you satisfaction in your daily life?

Session 3:

“Strength Finders – Behavioral Style”

- Identify your top strengths.
- How do you interact with your team?
- Participants will take the on-line assessment a week in advance.

Session 4:

“Beliefs, Personal Mission, Dreams/Goals”

- Develop a personal mission statement
- Allow yourself to dream
- Set personal goals in alignment with your beliefs

Session 5:

“Conflict Resolution”

- Find out your conflict management style
- Learn how different styles are appropriate for different situations
- Learn a communication technique
- Practice a forgiveness exercise
- Neutralize minor conflicts before they become explosive confrontations or silent withdrawals

Session 6 (Optional): Customized Select from Menu of Topics such as

- Self-Care and or Meditation
- Multi-generational teams at work

The parallel between bodies and business encourages a proactive approach to wellness. The end goal is authentic engagement of all team members in the corporate mission!

“
How you run your body is how you run your business... That’s the bottom line.
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