



# *Interpersonal Development, Communication & Culture*

Empathy, Retention, Safety,  
Team Dynamics

## *Communication for the Win*

*Methods to Cultivate Clear & Considerate Communication*

Communication types and styles are profoundly impactful to experiences of work and relationships. By tuning in to both your and others' communication patterns, there's so much to learn. Join us to discover how communication strategies and simple shifts can positively impact outcomes personally and professionally.

## *Compassion & Grief*

*How to Walk the Path of Grief*

This educational session examines the deeply personal experience of grief and workplace considerations for those struggling with loss. Perhaps you've heard of the "stages of grief" and are seeking to understand the meaning, how one works through the stages and how to respond in a caring, compassionate and connected way. Using the findings of grief researchers, this session highlights evidence-based support strategies, examines additional stages to the traditional model and sheds light on the unique nature of grief in and out of the workplace.

## *Crisis Prevention & De-Escalation*

*Navigate Key Components of Safety & Security in Times of Crisis*

This educational session explores how an event develops into a crisis, the components of a crisis and active ways to reduce the likelihood of an escalating event in the workplace. A variety of crises develop in a consistent way, and thus specific supportive strategies can be implemented to decelerate an escalating event.

This session will break down key components to support the safety and security of the person in crisis and others involved, as well as identify means to support physical and mental well-being before, during and after a crisis occurs.

## *Cultivate Connection*

*Lean into Relationship-Building for Greater Health & Happiness*

It's proven that people need people. In a time when life is so very virtual, it's beneficial to your physical, mental and emotional health to become (or stay) socially connected and supported. Let's explore the power of relationships and how staying connected to a supportive community enables humans to thrive and cultivate meaningful experiences.



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## *Healthy Communication Habits*

*Explore Tools to Better Collaborate & Overcome Conflict*

Several key components in the workplace can cultivate an increase in job satisfaction, a sense of security and protective factors against destructive behaviors: open, non-judgmental communication, a sense of belonging and respecting others. Research shows that encouraging colleagues to interact throughout the workday fosters better engagement and contentment at work. This session takes a deeper dive into the basic communication skills that support emotional well-being, the communication principles that strengthen connection and direct questions you can ask to mitigate unhealthy and dangerous outcomes. You will leave this session with a greater understanding of the power of presence and relationships at work. Key learning objectives include exploring various communication types and styles for effective exchanges at work and home, learning how to strengthen relationships through intentional use of communication and understanding how to effectively navigate difficult conversations.

## *Psychology Safety in the Workplace*

*How to Create a Culture Where Everyone Feels Seen, Heard & Safe*

This session seeks to strengthen understanding around psychological safety in the workplace: what is it, the risk factors impacting it and warning signs that warrant attention and immediate response. Additionally, these learning exercises explore how to build resiliency by incorporating protective factors known to benefit the workplace community. Through thoughtful, open discussion, this session aspires to create a supportive space in which safety, security and overall mental health are explored.

## *The Awkward Conversation*

*Support Colleagues' Mental Health through Communication*

Several key components in the workplace can cultivate an increase in job satisfaction, a sense of security and protective factors against destructive behaviors. These components include open, non-judgmental communication, a sense of belonging and an environment of respect. Furthermore, research shows encouraging colleagues to interact throughout the workday fosters better engagement and contentment at work. This session takes a deeper dive into the basic communication skills that support emotional well-being, the communication principles that strengthen connection and direct questions we can ask to mitigate unhealthy and dangerous outcomes. You will leave this session with a greater understanding of the power of presence and relationships at work.