

# MOST REQUESTED WORKSHOPS



## MICROPHONES DON'T BITE: AND OTHER TIPS FOR EFFECTIVE COMMUNICATION

How many times have you seen someone pick up a microphone only to ask the group "can everyone hear me without this?!" and put the mic down? We've all seen it. We may have even done it. And guess what - they just broke the number one rule of microphones.

Whether it's presentations at work, acceptance speeches, toasts at parties, leading meetings, or telling a story to a table full of dinner guests, we all speak to groups. Let's explore some of the "rules" of communicating effectively to a group. And there's some practical tools - like understanding the anatomy of a microphone or harnessing the power of the pause - which can level up your communication skills.

Learn some interesting and useful tips for addressing groups from a national speaker and facilitator! Get ready to engage, and rethink what you know about the logistics and practice of verbal communication, and find out about that number one rule of microphones!

## SUPPORT IS A VERB

We all have a support system in our lives, and, hopefully, we are part of others' support systems as well! But do you know the difference between a Supporter and a Cheerleader? Which one are you?

In this session we will explore this concept, reframe what support looks like in practice, and actually take action to support local businesses, friends, family, non profits, organizations, or projects we value.

## CONFLICT MANAGEMENT: WHAT'S YOUR ANIMAL?

Did you even think you could have fun talking about managing conflict??

This behavior assessment and workshop reframes the concept of conflict. Find out if you are a Turtle, Fox, Owl, Shark, or Teddy Bear! Let's learn about our innate conflict management style and its corresponding animal, and how teams can work together and communicate more efficiently through all types of conflict.

Bonus: This session involves stuffed animals. You know you love it.

## ALL ABOARD THE HOT MESS EXPRESS: LESSONS ON PROFESSIONALISM AND PERSONAL DEVELOPMENT

"Professionalism" is a pretty broad term. And we won't attempt to tackle it entirely, but instead focus on a few specific, practical points. Do you know why the phrase "work/life balance" is not only unhealthy but kind of damaging? Do you know the anatomy of a good handshake or hug?

This session dismantles some common "professional" tropes, while reframing others into useful - and maybe even FUN - tactics for leveling up your interactions and mindset. This is not a sit-and-listen kind of session, so get ready to rethink "professionalism" in a new, interactive way!

## DEFINING YOUR VALUES

I have a challenge for you. Are you up for it? It's a pretty simple task, but it may rock you to your core. So buckle up, Buttercup, we are about to define our Values.

We all give a crap about stuff. But we can't give a crap about everything. So we choose. We choose what we value, what we prioritize. Those values can actually help us lead a better, healthier, more fulfilled life. And isn't that what everyone is out here trying to do anyway?!

This is not a sit-and-listen presentation, so come ready to dive deep and have some fun with Values!

## TEAMBUILDERS AND ICEBREAKERS: HOW CAN WE MAKE THEM SUCK LESS?

Icebreakers and Teambuilders - from "the human knot" to sharing fun facts based on skittles colors, they start off organizational trainings and entertain us at baby showers, we all do them all the time... but do we really know why? What is their actual purpose?

Let's explore the original goals of these activities, many of which have become over-simplified or trite, and how we can utilize them better. If we learn the basis upon which icebreakers and teambuilders are built we can actually create meaningful connections between team members rather than doing an activity for the sake of an activity! These activities can have real value! Let's break the ice and build our teams better!

# MOST REQUESTED WORKSHOPS



## DEI 101: A BEGINNERS GUIDE TO DIVERSITY, EQUITY, AND INCLUSION

This is a beginners crash course in the language of Diversity, Equity, and Inclusion (DEI) work.

Many of these terms and phrases are becoming mainstays in the vernacular of our society. It is my intent to help educate those who may not be aware of these terms/have a working understanding of these terms to be able to familiarize themselves with them. A glossary of terms and definitions is presented to create a base level of awareness and understanding.

## NETWORKING 101: FOR PEOPLE WHO HATE THE WORD "NETWORKING"

Networking may conjure up images of uptight professionals walking around a room handing out business cards - a seriously boring, fake, shallow interaction between everyone present. So then why all the emphasis on "networking" and "building your network"? Great question, let's dive into it together.

In this session we will \*actually\* engage in quality human interaction and practice building authentic relationships. Get ready to get social with The Social Excellence Project. You'll never think of networking the same way.

## NETWORKING 2.0: HOW TO BE INTERESTED NOT INTERESTING

Let's take Networking 101 to the next level! How are some people able to talk to anyone? How do some people make others feel safe, build trust, or make us feel like we want to be their best friend in just minutes? We'll show you!

Human connection is the key to better relationships in life, business, college, friendships, and beyond. Get ready to dive into Social Excellence and level up your "networking" skills. This is not a sit-and-listen kind of session, so come ready to flex your social muscles.

## COURAGEOUS LEADERSHIP: LESSONS FROM THE WIZARD OF OZ

Do you need a formal title or position to be a leader? How can we lead from within a team? We will go down the yellow brick road on a leadership journey with the characters from The Wizard of Oz to understand the philosophy of Courageous Leadership.

Get ready to learn about bold communication choices, emotional intelligence, the art of good handshakes and hugs, and more practical tools we can use in everyday leadership.

## BEING SOCIALLY EXCELLENT: PERSONAL AND PROFESSIONAL DEVELOPMENT THROUGH COMMUNITY INVOLVEMENT

Are you tired of the "work/life balance" and "self-care" conversations ending with surface level platitudes like "get a pedicure" or "pet a fluffy dog"? Because I am. Pedicures provide fleeting pleasure, but we are seeking lasting fulfillment through relationship building.

Through the lens of Phired Up's philosophy on Social Excellence we will explore the importance of engaging in your interests and communities with the four pillars - curiosity, generosity, authenticity, and vulnerability. This session will allow participants to get creative and even brainstorm a personalized involvement plan based on Social Excellence.

## CUSTOM WORKSHOP TOPICS JUST FOR YOUR TEAM!

These workshops are certainly not an exhaustive list. In fact, I would be happy to work with you to create a custom presentation.

If you have a specific topic in mind, we can discuss building a custom workshop perfect for the type of professional development training you have in mind.