

WEBINAR WEDNESDAYS

Once a quarter join in our free one-hour webinars!

Interactive, crammed with useful content and strategies you can start using immediately, these webinars provide an accelerated learning experience with pre-webinar thought-starters and opportunities to challenge your thinking, and experience a few lightbulb moments!

WEBINAR FORMAT



- **Small group (up to 15 webcams)
- **60 minutes
- **Zoom platform
- **Webcams on
- **Interactive

- **Pre webinar Thought starter emailed
- **Safe space to explore topic
- **Practical
- **Tools, strategies



OTHER TOPICS INCLUDE:

- **How to give critical feedback
- **Tackling tough conversations
- **Managing emotions
- **Communication skills

- **Emotional intelligence 101
- **Emotional intelligence for leaders
- **Enhance your team
- **Build resilience

- **Use email effectively
- **Business writing
- **Decode body language
- **Build solid relationships

---- WEBINARS SET THE STAGE FOR WORKSHOPS ----

****Next webinar: June 15. Content TBD!****

Share your thoughts on what you'd like the topic to be:

<https://www.surveymonkey.com/r/shareyourthoughtswebinarwednesday>

Sign up:

<https://www.beabetteryou.ca/contact>