

SMALL BITE WORKSHOPS

Sometimes it's tough to find time to carve out for longer workshops and programs, the Small Bite workshops have enough of a taste to get people thinking

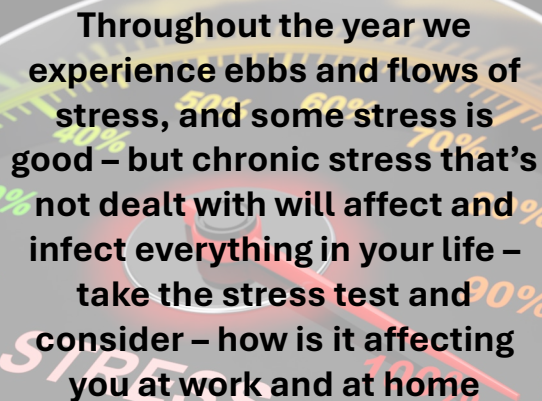
And the bonus is – all topics are \$500+HST to any business for any number of people!

Similar to an appetiser for the main event, the Small Bite workshops whet the appetite for more content and a deeper dive.

Delivered in a Webinar format, online, people can choose to have their cameras on or off, participation is through a series of thought-provoking questions and the sessions are 50 minutes and allow for 10 minutes for a final Q&A at the end. In person, the total time would be 90 minutes.

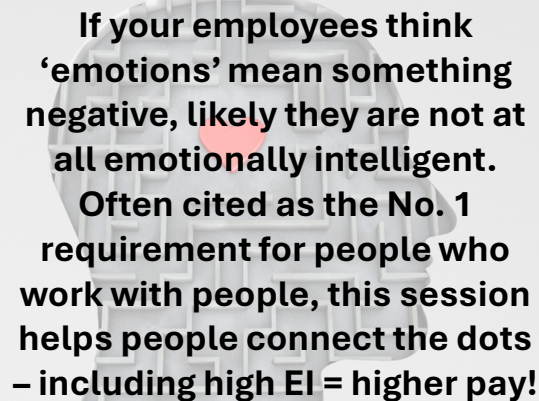
*Any of the other topics in the other categories can be developed as a small bite workshop

Your Current Stress Levels and How you are Showing up?



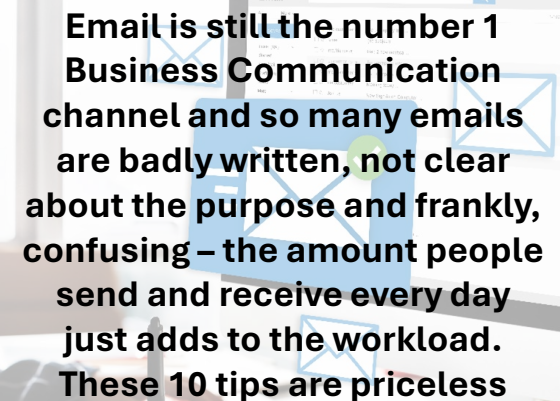
Throughout the year we experience ebbs and flows of stress, and some stress is good – but chronic stress that's not dealt with will affect and infect everything in your life – take the stress test and consider – how is it affecting you at work and at home

Emotional Intelligence and Your Career



If your employees think 'emotions' mean something negative, likely they are not at all emotionally intelligent. Often cited as the No. 1 requirement for people who work with people, this session helps people connect the dots – including high EI = higher pay!

Email 101: Top Ten Tips for Using Email & Managing Your Time



Email is still the number 1 Business Communication channel and so many emails are badly written, not clear about the purpose and frankly, confusing – the amount people send and receive every day just adds to the workload. These 10 tips are priceless