

Team Building:

Managing Bonds

For professional teams to increase workplace efficiency by learning more about oneself and teammates: personalities, boundaries, and the way you communicate.

Topics covered:

- Personality Types
- The 5 Agreements
- Effective Communication
- Managing Reactions - 5 Chairs
- Healthy Boundaries
- Managing Stress
- Burnout
- Time Management
- Foundations for Success

**Call, email, or text
to book today!**

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