

# Thriving in the Workplace:

*from ME to We*

In 5 days we cover:

- ⇒ Discover your unique personality
- ⇒ Learning Styles
- ⇒ Workplace Responsibilities
- ⇒ Soft & Hard Skills
- ⇒ Thriving Communication Skills
  - Expressing your ideas
  - Debriefing
  - Building Rapport
  - Dealing with Rejection
  - Customer Service Skills



- ⇒ Self-care & Self-Motivation
- ⇒ Boundaries
- ⇒ Dealing with Stress
- ⇒ Anxiety
- ⇒ Collaboration Skills
- ⇒ Sharpening your quick wit
- ⇒ Conflict resolution
- ⇒ Dealing with difficult people
- ⇒ Time management
- ⇒ Problem Solving Skills
- ⇒ Setting SMART goals



  
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