

## **Animal Matrix**

Examine your preferred style of interacting with others, especially in group settings or leadership roles. You will also gain an understanding of how others might view your style and how you can adapt your style to meet the needs of others.

## **True Colors**

Identify the strengths, challenges, values, motivations, and actions of yourself and others through a self-assessment of your leadership style and various interactive activities. Understanding yourself and others will lead to better communication, a welcoming work environment, and ultimately, a more effective team experience.

## **Multiple Intelligences**

This workshop will introduce you to Gardner's Theory of Multiple Intelligences and allow you to identify how you and others learn best. Understanding various learning styles can help you tailor presentations, workshops, and meetings to reach a wide variety of learners in your audience.

## **Learning Styles & Experiential Education**

Based upon the research and assessments of David Kolb, this session will help you recognize the different ways in which you and others best receive and process information. You will also explore the implications of the experiential learning cycle and how it can help you guide others to authentic learning. This workshop can also be split into a learning-styles-only session, or an experiential-learning cycle-only session.

## **How Full is Your Bucket?**

Utilizing the popular children's book by Tom Rath, we teach adults about the impact of their actions on others as well as explore the importance of self-care.

## **Developing a Positive Team Culture**

Does your team need a norming session? We'll facilitate the development of a full value contract to help your team reach consensus on group expectations. The experiential activities that follow the full value contract allow your team to put their contract into practice.

## **Communication**

Effective communication can make all the difference when trying to accomplish tasks as a team. Practice listening and communicating with your group via interactive activities led by our facilitation team.

## **Conflict Resolution**

What are the five possible outcomes of a conflict and what is your preferred style of dealing with conflict? Is there a better way? Learn how to reach consensus in conflicts so both parties can achieve their goals.

## **Feedback**

Giving and receiving constructive feedback can be difficult for both individuals. Explore the S.T.O.P. method and the Platinum Rule to deliver feedback more effectively.