

## BE Strong

We are all now aware of how rapidly things can change in an instant and a reminder that we, both collectively and individually, need to be able to pivot and turn as new challenges arise. Some of the changes that we experience are not something that we can plan for nor some that we are hoping for, yet how we show up in a way that demonstrates strength, resiliency, and purpose is a game-changer? This workshop can be delivered in-person or virtual to help build the skills for learning how to Be Strong during times of change, transition, and the unknown.

Participants will:

- Articulate the impact of the current crisis on you and your environment
- Learn the typical stages of the Transitional Timeline during crisis
- Learn how to support yourself as you move along the timeline
- Incorporate strategies to move towards becoming a positive role model
- Create a BE STRONG plan for action

Participants receive:

- Coaching throughout the session
- Evaluation of strengths/areas for improvement
- A workbook/reference manual

## Class Size

Maximum of 16 participants per workshop

## Workshop Length:

Virtual Two Hours

Instructor Led – Four Hours

Refer to the following page for other related topics.

## **Thriving in a Pandemic Series – 1-Hour Virtual Learning Sessions**

### **The Right Mindset in Unusual Times**

Your mindset determines your success. During this difficult time, your mindset may make or break you. This program explores the internal dialogue--the ongoing conversation ourselves and allowing that to be the driving force behind your success

### **Creating a Positive Work Environment**

Creating the right workspace that is essential to your productivity. Your physical workplace environment has a major impact on everything from happiness and mood to productivity and focus. This program invites you to explore the best practices in creating good working conditions so that you can work effectively from your new workspace.

### **Stress and Isolation**

There is robust evidence that social isolation and loneliness can add to our stress level. Through this program we will explore the impact of stress and what you can do to reduce the feeling of isolation during this time of social distancing.

### **Staying Connected to Others**

Our working remotely is new for most. Yet, our staying connected to others isn't new, it just requires specific effort and maybe a bit of creativity. In this program, we share creative tips and tricks for maintaining staying connected to others and building relationships during the coronavirus pandemic.

### **Setting Boundaries – Work / Life Balance**

Working from home has many perks, but without setting boundaries, working from home can get your work/life balance off course. This program invites you to set definition to your work / life practices so that you are productive without jeopardizing the relationships you have around you and you are having quality family time without the expense of poor work performance.

### **Emotional Intelligence – Understanding Your EQ**

Emotional intelligence is the art of being able to recognize, label, and navigate your emotions. Someone who is emotionally intelligent is able to remain calm under pressure, be empathetic to colleagues, and make great decisions during challenging times. This program provides insight to the simple things that you can do to increase your emotional intelligence.

### **Navigating Uncertain Times**

We all react to change and uncertainty differently. This program invites you to understand the stages of transition and how to focus on the things that you can control to provide you security and comfort. With finding a new beginning, it's about ending where you once were to establish a new normal.

### **Get Creative! Innovate!**

Everyone is innovative. We just may innovate differently. This webinar gives you a glance into how to maximize this time working remotely to being more innovative so that when the restrictions are lifted,

you will emerge further than you were before. We share four different approaches to innovation and being creative.

## **Self-Care**

Take care of yourself, so that you can take care of others. This program provides suggestions to kick-starting your self-care routine and approaching your wellness from multiple facets like emotional, mental, physical and social health.

## **Be Your Own Superhero: Set Yourself Up for Success**

You've got this! Leverage your strengths. This program helps you to explore those behaviors and strengths that you currently have so that you can continue to bring out your best self during these unsettling times. Participants identify those behaviors and skills that have been built over past experiences that can be used today.