



A Sampling of our Virtual and In Person Workshops

Workshops can be customized in length from a minimum of 60 minutes to maximum multiple days. In a confidential initial discussion, we will review your objectives and determine the best program and delivery method for your needs. We can also custom design sessions built on your vision and goals. Contact Ann Worth at 1-902-626-9666 or ann@worthconsultinggroup.com

1.Exploring Ideas That Build Resilience Mindset

Thought provoking and interactive, this session takes us on journey of reflection and challenge as we explore important topics such as Achievement, Leadership, Goals, Successes, Productivity, Habits and Systems. This session is designed to help us recognize factors, influences and daily choices that help position and lift us up to our potential. Overcoming challenges, avoiding distractions, and maintaining focus and self-discipline amongst other topics will be explored. We are stronger than we believe and can overcome and achieve!

2.Productivity, Positivity, Motivation: An Exploration of Topics

Productivity

Thought provoking and interactive, this session will dive into productivity and factors that impact productivity, a key influencer in an employee's motivation. With a focus on enhancing workplace productivity, we discuss the reimagining of simple concepts keying in on employee motivation and effectiveness of teams. Communication, systems, and a review of the environments that help us work comfortably, efficiently, and effectively are some of the best practices and tools to be discussed. What is and is not working well will be explored with helpful tips shared to enhance current approaches. Being accountable for our productivity, our attitude, our personal brand, and our overall impact with our organizations will be explored in an upbeat, empowering way.

Positivity and Motivation

Intentionally infusing your environment with positivity and good energy creates a lasting impact and influence legacy for those around you. How we all approach this helps us see the cause and effect of daily choices and how we can position ourselves for maximizing our positive impact impacting our level of success in the workplace. Recognizing and celebrating our successes is an important part of achievement and motivation.

3.Enhancing Respect in the Workplace and Beyond

This session is designed to provide insight, guidance, and updates on the importance of fostering a respectful, happy, and inviting workplace environment. Building respectful teams and modelling best practices has never been more important. Having a clear understanding of terms, expectations and why respect is critically important in the workplace is at the core of this session. Holding ourselves accountable to maintain the highest standards of workplace respect is the educational focus of this session and delivers some thought-provoking self- reflection about how we can apply the highest standards of respect for all that brings the highest level of professionalism to our workplaces.

4.Leadership and Evolving Culture for Enhanced Success

This session focuses on engaging people in considering their leadership / mentorship role and how they apply this each day within their workplace culture. Discussing evolving workplace environments that enhance workplace culture and how multiple strategies can be applied will be explored. Styles of leadership, a positive mindset, best practices, and success examples of evolving cultures will be discussed. An interactive team-based session that stimulates reflection and focuses on the future of what is next for individuals as they focus on raising the bar on their own leadership effectiveness and their support to others in evolving their leadership abilities.

** The leadership program features as a valued added package option a one-on-one customized training session to support the development of a customized plan for each workshop participant.*