



PROGRAMS + WORKSHOPS

RACHEL KUHLEN

PROGRAMS

2-DAY PROFESSIONAL DEVELOPMENT ACADEMY

Combining personal and professional skill building and activities to create a holistic approach to developing your employees or members.

Pick a singular path or create a university-style program where they can pick their own path.

PROFESSIONAL DEVELOPMENT VIDEO SERIES

Micro-Learning Video Series with an Essential and Enhanced learning track.

This approach offers the opportunity for learners to go at their own pace and allow time between videos to create awareness, action, and accountability.

ASK ABOUT:

- A La Carte Options
- Train the Trainer
- Sustainability Opportunities
- Measurement Strategies
- Team Reports
- Live & Virtual Options

TODAY'S PROFESSIONAL DEVELOPMENT ESSENTIALS

What got you here won't get you there. Taking control of your development is key to creating your future success within an organization.

Built as an individual 2-hour workshop or a multi-phase plan,
Phase 1: Foundation
Phase 2: Live Workshop
Phase 3: Accountability
Phase 4: Action Plan/Sustainability

LEADERSHIP ASSESSMENT

The E.L.I. is an attitudinal assessment, which is based on an energy/action model. This assessment differs from personality assessments as it is not intended to label a person and have them work well within that label. Instead, it measures your level of energy based on your attitude, or perception and perspective of your world. Because attitude is subjective, it can be altered. By working with a coach using the E.L.I., you can alter your attitude and perspective, make a shift in your consciousness, and increase your energy and leadership effectiveness.

ANNUAL MEETING KEYNOTE + TRAINING WORKSHOP

Fresh, up-to-date content on the latest in leadership and professional development.

Give your audience an engaging, interactive experience to create a more aligned and communicative workplace.

Your teams will be motivated and ready to go!

Available on-site or virtual.



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WORKSHOPS

SAY WHAT?: COMMUNICATING WITH CONFIDENCE & EFFECTIVENESS

While communicating is something we do daily, there are skills to effective communication that can significantly effect your ability to create impact:

- Uncover communication fundamentals
- Recognize the four negative communication patterns and what to do.
- Learn how to navigate conflict effectively.
- Discover how to communicate so people will listen and listen so people will communicate.

PUT ME IN COACH: ESSENTIALS OF EFFECTIVE COACHING

No model, method, or checkbox will teach your people how to coach effectively. While models can be helpful, their long-term "stickiness" wanes, and truthfully, people are going to coach their way.

Why not inspire your leaders and coaches with the essentials of coaching AND infuse it with THEIR WAY?

In this workshop, attendees will learn coaching essentials, how to create impactful coaching sessions using their style, and more!

Rachel is an ACC-ICF certified coach with multiple designations in leadership and transition.

ASK ABOUT:

- A La Carte Options
- Train the Trainer
- Video Follow-Ups
- Pework (if you like that sort of thing)
- Live Coaching Calls
- Team Reports + Facilitation
- Leadership Coaching

AMPLIFY YOUR IMPACT: EMOTIONAL INTELLIGENCE IN THE WORKPLACE

- Discover the fundamentals of emotional intelligence and how to apply.
- Identify & shift patterns to increase engagement.
- Develop an action plan to incorporate new-found awareness into their day-to-day.
- Create accountability that sticks!

TEAMWORK MAKES THE DREAM WORK: BUILDING PRODUCTIVE & EFFECTIVE TEAMS

Teamwork is possible.

1. Recognize the fundamentals of effective teams.
2. Learn how to navigate different ways of thinking for success.
3. Develop the skills for communicating effectively with team members.
4. Embrace your differences to make it even further as a team.

NAVIGATING BURNOUT, RESILIENCY, AND WORK/LIFE BALANCE IN TODAY'S ENVIRONMENT

We try to be everything to everyone even though we know it's impossible. Moving from one thing to the next, trying to get it all done has left us exhausted, grumpy, and ready to raise the white flag.

There are skills and tactics to finding balance that can be taught **but it's what's lurking in our subconscious that's really keeping us from finding balance.**