

CAREER RESILIENCE AND PEAK PERFORMANCE WORKSHOPS

Increase sustainable high performance, career growth, and team success

CAREER GROWTH AND RESILIENCE

- Identify growth goals
- Leverage mentors and feedback well
- Make a plan of action

Develop your career. Take focused action on career growth.

- Strengthen a team culture of career development.
- Know and utilize Microsoft's framework and resources: Discover-Connect-Grow.
- Effectively gain and leverage mentorship, sponsorship and coaching.
- Gain and apply useful feedback.
- Identify developmental strengths, skills and knowledge.
- Develop your individual Career Development Plan.

55-min session without group discussions or 75-min version includes breakout rooms or small groups in-room, and come away with suggested team best practices.

90 to 120 minute workshop with Strengths assessment: Team members take and utilize results of [CliftonStrengths](#) assessment. Take a strengths-based approach to career growth and success.

LEAD CAREER GROWTH AND RESILIENCE

- Model, coach and create team career development

People-managers workshop to support leader-level career growth and team member's career development:

- Build and foster a team culture of career development
- Leverage and coach the Discover-Connect-Grow framework
- Empower your team members to gain and leverage mentors well
- Hone your skill of giving and receiving effective feedback
- Coach your team members through their Career Development Plans
- Increase your team members' personal accountability for career development

55 to 90 minute workshop

COLLABORATION RESILIENCE

- Discuss challenges and determine actions
- Increase trust, influence and EQ
- Team commitments

Champion collaboration.

- Increase cohesive collaboration in your team and cross-teams
- Improve collaboration for geographically distributed groups
- Develop relation and influence skills with greater emotional intelligence
- Transform workplace dynamics, saving time and energy
- Research-based best practices and mindfulness-based skill-building

55-min session without group discussions or 75-min version includes breakout rooms or small groups in-room, and come away with suggested team best practices.

Judith helps individuals and organizations build greater presence, clarity and resilience.

Coppei Collective facilitators are experiential and outcome-based, creating interactive workshops with lasting results.

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PRIORITY RESILIENCE

- Increase impact and sustainable balance
- Develop discernment and influence skills
- Individual and team commitments

Success with prioritization and boundaries.

Prioritization and goal clarity are critical as we work within distributed teams and in times of continuous change. Increase impact and sustainable balance by honing skills of mental discernment, clarity and influence. These cognitive and emotional capacities are increased with specific best practices and mindfulness skill-building. Includes questions, insights and shared tips from the team. Ends with commitments and next steps. Best practices and productivity strategies provided.

55-min session without group discussions or 75-min version includes breakout rooms or small groups in-room, and come away with suggested team best practices.

CHALLENGE RESILIENCE

- Address the tough stuff while maintaining trust, collaboration and successful outcomes

Champion challenges.

Successfully engage in tough conversations while maintaining trust, collaboration and excellent outcomes. Results rely on our presence, self-regulation, communication skill, and resilience. Example discussions: feedback, career, diversity, inclusion, work-life balance, and role clarity. Address virtual and hybrid work relationships and teams. Includes research-based best practices and mindfulness-based skill-building. End with clear commitments.

55-min session without group discussions or 75-min version includes breakout rooms or small groups in-room, and come away with suggested team best practices.

CHANGE RESILIENCE

- Grow change-agility
- Apply science of change
- Make individual and team commitments

Champion changes.

Discuss core tenets of resiliency in the face of change and delve into the mechanics of habits and the science of change, including the vital element usually missing from change efforts and goal setting. Participants make a new commitment and plan relating with current changes. Connect as a group to move through ongoing transitions well and be empowered to create positive changes that stick. Includes research-based best practices and mindfulness-based skill-building.

55-min session without group discussions or 75-min version includes breakout rooms or small groups in-room, and come away with suggested team best practices.

HYBRID-WORK RESILIENCE

- Increase individual and team success in your hybrid workstyle

Staying connected, effective and resilient in a hybrid and remote work world.

Explore insights, actions, mindsets, and methods that lead to successful group performance in a virtual, distributed-team and hybrid work world. Examples of challenges and successful hybrid-work strategies from within the team. Learn and commit to success-bearing best practices.

55-minute session

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Breakout Rooms/Small-group discussion Option: Any session may expand to 75 minutes to include breakout rooms or table discussions, for team connection and increased co-learning and commitments.

Longer Workshop/All-Hands Option: Combine 2 to 3 session topics into a 90-min to 2-hour workshop. Let's identify your team's needs and create a workshop that delivers the greatest experience for your group.

Managers-only Option: Support people-managers in leading their teams and learning from/with each other. Content adjusts and the facilitated conversation opens up for a co-learning session that addresses the current challenges and calls for resilient leadership.

Mindful Resilience Micro Sessions: 25-min practice-focused sessions on any above topic. Great option for a multi-week series or as part of a team wellness week or within an All-Hands meeting.

Workshops Include:

- Facilitation and presentation via Microsoft Teams or Hybrid or in-person
- Recording available to the team/org
- Best practices or worksheet and resource links per session
- Planning and post-assessment meetings with stakeholder(s)
- Prep with co-hosts to increase team connection, engagement and relevancy

Scheduling:

For a team of >50, consider offering an added date or times to repeat the session for more opportunity to attend. For a global team, consider offering additional sessions for time zones.

Facilitated and participatory sessions create an inclusive team experience:

These facilitated sessions involve the team in a live, connecting experience via interactive discussions, Q&A, and activities. Each session is followed with best practices and additional resources. The group gets more than a pre-packaged training; they get an alive experience together.

Here's what participants have said in anonymous surveys:

"Judith is an awesome coach. The way she interacts makes it easy to participate."

"I cannot thank this org and (Judith) enough for your willingness to engage in these topics."

"These sessions have changed my life!"