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The Art and Science of Giving and Receiving Feedback

Master the art of feedback with confidence and skill in this **neuroscience-based workshop**. Learn how to:

- Understand the **brain science** behind effective feedback.
- Engage in **real-world scenarios** to build competence.
- Develop **self-awareness** to navigate feedback situations.

This workshop provides practical tools to transform feedback into a **powerful growth tool**, fostering respect and connection

Self-Awareness for Success: A Workshop to Boost Performance and Drive Impact

Self-awareness is the foundation of success, directly influencing your performance and impact. In this workshop, you will:

- **Understand the Link Between Self-Awareness and Performance:** Learn how self-awareness drives higher productivity and meaningful results.
- **Explore Different Types of Awareness:** Discover how various forms of awareness can either help or hinder your growth and success.
- **Create a Personalized Roadmap for Action:** Build a tailored plan to leverage your self-awareness for achieving personal and professional goals.

Begin your journey toward transformative growth—gain deeper insights into your self-awareness, refine your ability to act on it, and create a powerful roadmap to make a lasting impact in your career!

Leading Through Coaching: Unlocking Your Team's Potential

Learn how to stop solving problems for your team and start empowering them to find their own solutions. In this session, you will:

- **Understand Coaching's Importance:** Learn why coaching is a vital leadership skill for fostering growth and support.
- **Overcome Growth Barriers:** Identify common ways managers hinder team development and how to address them.
- **Practice Coaching Techniques:** Develop key coaching skills to unlock your team's potential and boost performance.

By adopting these coaching strategies, managers can shift from being problem-solvers to effective coaches, guiding their teams toward greater independence, improved skills, and long-term success.

Coppei Collective facilitators and coaches accelerate performance, enhance employee experiences and help build better teams with world-class, proven and compelling programs and offerings.

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Navigating Change: Embracing Adaptability for Success

Change is an inevitable part of the workplace and life, but it can still feel challenging to navigate regularly. Understanding how to adapt to change is critical for personal growth and organizational success. This workshop will focus on the following:

- **Understand how your brain responds to change** and what this means for your behavior, mindset, and decision-making.
- **Learn a proven framework** for navigating the different stages of change, helping you stay grounded and proactive.
- **Gain practical tools** for overcoming common challenges of change, such as resistance, uncertainty, and ambiguity.

This workshop provides actionable insights and tools that empower you to transform challenges into opportunities for growth, fostering resilience and connection in the workplace.