



Organizational Development Workshops And Seminars

Emotional Fitness

If we believe that “we are what we think” and “what we resist, persists”, then becoming aware of our thoughts and the impact they have on our lives is critical and necessary to our Emotional Fitness. Living our best life allows us to move with “ease”, with purpose and with passion. When our Emotional Fitness levels are out of shape we tempt “dis-ease” to take up residency. Walk through the myriad of thoughts, celebrating the ones that inspire the spirit to greatness, and discarding those that keep us from living our best life.

The Language of Success

Words are magical. They have the power to inspire employees, generate enthusiasm with volunteers, stir creativity in management, ignite corporations and influence nations. On their own, they are simply a group of letters strung together, but when they are consciously used with intent for a desired result they become critical to our success as effective communicators. Examine the words we choose in everyday communication and how those words have the power to influence and create magic in our personal and professional lives.

The “Ship” in Partnership

Ever wondered what the real driving force is behind partnerships? Why are some successful and others simply mediocre? Choosing a good partner, whether public, private or not for profit, is critical but the ship on which you wager your success has the capacity to either float or sink. Explore the core values that drive our partnerships and how those values set the stage for success or failure.

Customer Excellence

Given the numerous choices consumers have in the marketplace today, it has become increasingly important that the quality of service is second to none. The term “shop around” has become common practice, and is expected to increase with future growth and advancements in technology. Consumers don’t just want a “good” experience, they demand an outstanding experience to develop product or service loyalty. This makes every point of contact within your organization your greatest marketing tool.

Conflict Resolution

Varying degrees of conflict occur in every workplace, family, or environment where two or more people come together. In and of itself, conflict is not bad. Rather it is our response that can either provide insight and clarity toward a resolution or judgment and criticism that can quickly spiral out of control. At the heart of conflict there exists a difference in core values and beliefs. This session will examine both successful and unsuccessful conflict resolution. It will take a close look at the cycle of conflict and strategies we can implement toward a resolution that is mutually beneficial for all involved.

Dynamic Leadership

Undisguised and uncomplicated, leadership comes down to the ability to lead one’s own ship. Both professionally and personally this translates into an individual’s commitment to be accountable and responsible for their own expression of values, beliefs and behaviors. Without this commitment, effective leadership cannot exist. Examine leadership as a core component to successful, healthy and dynamic individuals and organizations.



“Alive in Five” Workshop Series

The “Alive in Five” workshop series is designed to awaken and inspire the creative energy within your company or organization, while empowering individuals to rise to the challenge of being the best they can be. Organizations, big and small, have undergone extensive change over the past several years from restructuring, to up or downsizing and almost everything in-between. From time to time it is important to come together to reflect on where you are at, and anticipate with excitement your desired future state. This series of workshops can assist your organization in the process of change and begin the journey toward greatness. A summary of the workshops is included for review.

Workshop 1: Vision By Design Or Default

Successful organizations create a vision or foundation on which to guide their endeavors. This workshop examines the vision of your organization. The emphasis will be placed on “how” you live out your vision statement. What behaviours support and encourage success of your organization, and what behaviours create turmoil and conflict. Bring your vision to life on paper, in thought and in action.

Workshop 2: Effective Teams, Outstanding Results

Every organization has a “code of ethics or behaviors” either implied or stated. This workshop will explore both how they affect your outcomes as a team and how you can achieve a common ground on which to work together effectively.

Workshop 3: The People Factor

People are the one most significant and important factor in every organization. Without them everything else is nothing. Find out how to fully engage your employees, while maximizing morale, commitment and productivity.

Workshop 4: Feedback: The Breath of Life

Feedback can be compared to breathing. In order to sustain the life of your organization, you need to both inhale and exhale. This workshop reviews current practices of providing feedback and how organizations can work toward achieving feedback that is meaningful, valuable and appreciated.

Workshop 5: The Power Of Choice

Every day organizations are faced with numerous choices on how to deliver products and services faster, better, and more efficiently while still meeting consumer demand in the marketplace. All choices involve some change. This workshop ties together the “Alive In Five” Series by generating strategies that re-align decision making with the organizational vision, empowered teams, engaged staff, and ongoing meaningful feedback. Through the power of choice, outstanding organizations are built and sustained.

About Your Trainer

With twenty-four years of experience working with organizations, groups and individuals, our instructor brings to life the magic of an inspired spirit through organizational training and development. As a Motivational Speaker, Corporate Trainer and Executive and Whole Life Coach, she finds extraordinary in the ordinary. Her energy, passion and charisma stem from a core belief that we create our own reality both personally and in business.

As a Speaker and Coach, her work is her life’s work - empowering others to empower themselves, and be their very best. She accomplishes this through the provision of consulting services, workshops and seminars which focus on the development of an organizations greatest asset, its people.

Feedback provided from previous clients:

- Full of energy, seems to be really inspired and motivated, truly believes “this” works. Shows throughout. Thank you for the great ideas.
- Excellent presentation and extremely knowledgeable in addition to being well prepared.
- Instructor was fabulous, great energy, great examples, added humour and great ideas to implement what we learned.
- I like your direct, anecdotal approach. It kept me entertained and eager to learn more.
- This was terrific. Very professional, very useful and very real. I really enjoyed it.
- Enthusiastic about the topic and wanting to pass it along to people. You want to make a difference - I think you are. Great job! Thank you.

Continuing Education

tel: (250) 740-6364 • fax: (250) 740-6452 • email: marion.knost@viu.ca • viu.ca/ce