OWLS
Organizational Wellness and Learning Systems

FEATURED TRAININGS



Character Matters: Heart-Centered Leadership

Key Objective: Participants will Identify "trigger" areas that can throw off one's ability to lead and the corresponding character virtue to cultivate

Key Activity/Resource: *Workbook/sheets, Option to have copies of "Heart-Centered Leadership" book*

Your Best Self at Work: Emotional Intelligence & Resilience

Key Objective: Participants will recognize (within oneself) how resilience and emotional intelligence help one to know when to "dial up" or "dial down" a strength at work

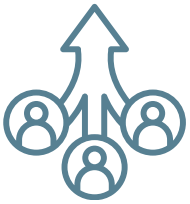
Key Activity/Resource: Workbook/sheets, Option to have copies of "Best Self at Work" book



Calling, Cause, Legacy: Leader Wisdom & Well-Being

Key Objective: Identify the real connection between one's job/career and higher aspirations that underlie core motivation for job commitment

Key Activity/Resource: Workbook, worksheets



Meaningful Alignment: Mastering Emotionally Intelligent Interaction

Key Objective: Use assessments to help express emotion (and give feedback) in a way that will inspire colleagues and team members through empathy, respect, and compassion.

Key Activity/Resource: Workbook/sheets, Option to have copies of "Meaningful Alignment" book



Coaching & Discipline: From Avoidant to Responsive

Key Objective: Identify personal skills and group norms that cultivate more positive responses when faced with disciplinary issues

Key Activity/Resource: Work/sheets, Align with current HR policies

All trainings are adaptable to your unique needs.

OWLS
Organizational Wellness and Learning Systems

FEATURED TRAININGS



Job Crafting: Re-engineering Work for Health & Happiness
Key Objective: Use assessments for short-term and long-term creation of positive work environments that bring out full talents of one's team
Key Activity/Resource: Job Crafting worksheets, Supportive videos



Work Climate Survey Literacy: Leadership Action Steps
Key Objective: Use assessments to identify positive features of the work climate that need nurturing and creating related action plans
Key Activity/Resource: Custom work climate surveys, Supportive videos

Multi-Level Resilience: Healthy Work Culture
Key Objective: Recognize features of resilience at personal, team, and organizational levels and take action to align them
Key Activity/Resource: Self-assessments, Articles, Option to have copies of "Raw Coping Power" book



Time Pressure, Burnout & Work-Life Balance for Leaders
Key Objective: Cultivate a healthy relationship to time by identifying positive pacing, rhythm, and boundaries during the day, week, and month
Key Activity/Resource: Self-assessments, Articles, Option to have copies of "Raw Coping Power" book



Psychological Safety Fundamentals
Key Objective: Carefully assess the degree of psychological safety in one's team and use paired and group exercises to identify strengths for future cultivation
Key Activity/Resource: Workbook/sheets, Align with current HR policies

All trainings are adaptable to your unique needs.