

WORKSHOP SERIES

Mettacool's experiential learning workshops combine our interactive coaching methodology with engaging, evidence-based topics that encourage real-time application of concepts and positive behavior change. Our trainings are categorized into three tracks, or areas of expertise, that fuel inclusion, performance and well-being.

Next-Generation Leadership

Develop your talent to embody the leadership competencies that contribute to an inclusive workplace and superior performance.

Well-Being @ Work

Enable your people to prioritize their well-being and create a workplace culture of well-being focused on sustainable success.

Whole-Person Performance

Whole-person performance acknowledges that we are more than just our work, linking professional skillsets to our personal lives as the key to a thriving career.

WELL-BEING @ WORK

BANISH & PREVENT BURNOUT

- Understand the differences between stress and burnout and how to recognize the warning signs of burnout
- How burnout is impacting women, minorities, and generations differently and what we can do about it
- Daily habits we can form to prevent burnout
- How to create a healthy process for burnout recovery
- Learn the importance of the “team” approach to preventing burnout

BUILD YOUR RESILIENCE

- Assess your own resilience
- Reflect on your own story of resilience
- Learn what positive psychology and the 3 P's tells us about building resilience
- Learn how to use the PERMA model to build your resilience
- Build your personal resilience action plan

PRIORITIZE YOUR WELL-BEING

- Explore the concept of holistic well-being and assess your well-being across 8 integrated areas
- Review strategies for how to prioritize your well-being in parallel to your career
- Discuss common roadblocks that sabotage our well-being and how to navigate them
- Create a personalized action plan for upleveling your well-being.

WORK-LIFE HARMONY & BOUNDARIES

- Learn why work-life "harmony" is more realistic than "balance"
- Assess your current work-life harmony with an exercise designed to help you improve performance at work, at home, in the community, and for yourself by creating mutual value among these four life domains.
- Learn proven strategies to achieve better harmony and set proper boundaries
- Build your personal action plan for making work-life harmony a reality for you.

WHOLE-PERSON PERFORMANCE

VALUES-BASED TIME MANAGEMENT

- Explore your core values
- Assess your current priorities across your integrated work-life
- Learn a proven 5-step time management framework that will systematically help you visualize your available time and design your days/weeks in alignment with your clear priorities.

SELF-ADVOCACY & SELLING YOURSELF

- Discuss the benefits of self-advocacy and establishing influence in an increasingly competitive professional environment
- Learn how to identify your "superpowers" and proactively take on projects and opportunities in line with your strengths
- Learn how to communicate your strengths, personal brand, and goals in an authentic and genuine way

FLOURISH FROM FEEDBACK

- Learn what research tells us about feedback and gender
- How to request feedback from your peers and leaders, and techniques for receiving feedback
- Tips for effectively giving feedback, even remotely
- How to create a culture of consistent feedback
- Gain actionable tools to use when giving or receiving feedback

CREATING A PURPOSE-DRIVEN CAREER PATH PLAN

- Reflect on 4 questions that provide clarity on a career path aligned to your purpose, powers, and preferences.
- Create your own personalized career development plan, with a template to guide you.
- Learn how to leverage informational interviews to effectively and proactively communicate your plan within your organization to find your most purposeful and fulfilling work.

NEXT-GENERATION LEADERSHIP

FACING CHANGE WITH FLEXIBILITY

- Assess your adaptability during change
- Learn the 3 types of flexibility that help you adapt to change
- Learn proven strategies for improving your adaptability
- Learn how to be adaptable to change without compromising your values and boundaries
- Explore how to make adaptability a part of your leadership brand

INCLUSIVE, EVERYDAY LEADERSHIP

- Discuss why inclusive, everyday leadership is everyone's responsibility
- Learn the 5 traits and behaviors of inclusive leadership
- Learn how to facilitate inclusive meetings and demonstrate inclusive behaviors in your day-to-day job
- Reflect on how you can make inclusivity a part of your brand

NAVIGATING CONFLICT

- Reflect on your conflict triggers and style
- Discuss how to reframe conflict from negative to productive
- Learn how to prepare for and have a productive conversation when experiencing conflict
- Learn how to ask 3 simple questions that help you return from conflict

THE POWER OF COACHING

- Learn about the psychology of coaching and proven coaching methods
- Understand how to elicit positive behavior change in yourself and others
- Empower yourself and your teams to implement motivational coaching techniques in the workplace
- Learn Mettacool's proprietary coaching model and framework for long-term success

Set up a workshop series for your organization!

Send us an email at hello@mettacool.com.

