

# TRAINING & COACHING TOPICS:



All workshops are developed with scientific research from psychology, neuroscience, and human development. Each workshop can be delivered in an hourlong lunch-and-learn or longer session (2-to-4 hours) to include experiential activities and implementation strategies. Workshops set the foundation with educational material that can be enhanced with private or group coaching. Coaching offers a deeper dive and a supportive environment that encourages growth and accountability. Each workshop or coaching program can be customized to your specific needs. The duration of the program can be modified, the topics can be combined, and the format can be altered. Just let us know what you need!



## LICENSE TO LEAD: FUNDAMENTAL LEADERSHIP SKILLS

What makes someone a positive and powerful leader? How can leaders make the most of their team? Can leaders get better at guiding their team toward successful outcomes? This workshop will explore the elements of exemplary leadership, including:

- The importance of trust and credibility
- Establishing a foundation of core values and a shared vision
- Creating a culture for growth, innovation, and celebrating small wins



## EMOTIONAL INTELLIGENCE: THE SECRET TO SUCCESS

People with high emotional intelligence have an awareness of their own emotions and can read the social cues of others. The ability to manage their own emotions and strengthen relationships accounts for a high level of success. Attendees will learn strategies to:

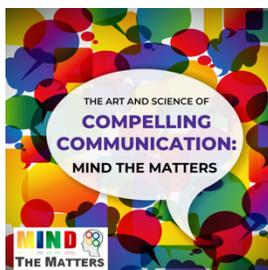
- Gain emotional control and manage anger
- Build self-confidence
- Reduce conflict, improve teamwork, and communicate with empathy



## COACHING COMPETENCIES: BRINGING OUT THE BEST IN PEOPLE

The core skills of coaching are effective listening, powerful questioning, and direct communication. Coaching uses a unique skill set to inspire change through motivation, goal-planning, and commitment. We'll discuss:

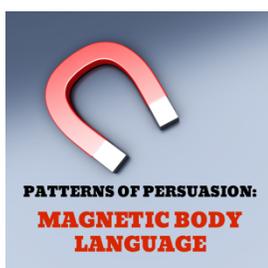
- The core skills of listening, questioning, and action planning
- Leveraging unique talents and strengths to enhance performance
- Communicating for motivation, growth, and development



## THE ART AND SCIENCE OF COMPELLING COMMUNICATION: MIND THE MATTERS

Do you know your communication style? MIND The Matters is a unique program that describes the styles of **Motivators**, **Investigators**, **Nurturers**, and **Directors** and helps you understand the elements of your own style, such as focus, listening, directness, pace, and speed. You will also:

- Understand the four communication styles
- Learn tips to quickly identify the style of others
- Enhance your ability to adapt your style to the style of others



## PATTERNS OF PERSUASION: MAGNETIC BODY LANGUAGE

Body language is an important part of communication. Reading body language can help you understand others and send the right message to those around you. You'll improve your communication, sales, and connections. Attendees will:

- Learn to spot the meaning of body language from the nose to the toes
- Pick up the subtleties of gestures and micro-expressions
- Practice reading body language for congruence and deception

# TRAINING & COACHING TOPICS:



## B.O.U.N.C.E. BACK FROM SETBACKS

Why are some people able to bounce back from setbacks while others can't? Resilience is the quality that helps people get back up after life knocks them down. This training will review:

- The six key elements of B.O.U.N.C.E.—**B**elief, **O**ptimism, **U**nderstanding-Self, **N**urturing Connections, **C**ompassion, and **E**steem
- The qualities and skill set necessary for building resiliency
- The connection of mindset, emotions, and behaviors.



## HARNESS HAPPINESS

Most people want to be happy. But most people don't know they can make changes to be happier. New research shows you can train yourself to be happy. Participants will learn:

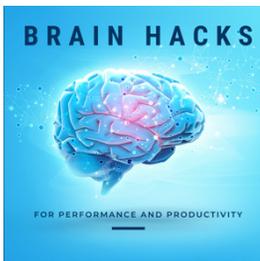
- Myths about happiness and the science behind happiness
- Skills to get more joy in life and achieve a state of happiness
- The importance of purpose and flow



## SLEEP ON IT!

Sleep is one of the pillars of health and wellness. Feeling stressed and overwhelmed, along with technology use, can wreak havoc on sleep quality. There is truth behind “sleeping on it,” “getting beauty sleep,” and “sleeping like a baby.” Participants will learn:

- Common sleep disturbances and strategies to combat them
- The connection between sleep and the brain
- The impact of sleep shortage on health and longevity



## BRAIN HACKS FOR PERFORMANCE AND PRODUCTIVITY

Need more energy and time to deal with life's demands and overcome mental exhaustion? Applying neuroscience to managing emails, delegating activities, juggling tasks, and inspiring creativity can add hours to each day. Attendees will:

- Increase their ability to focus and solve complex problems
- Learn to work smarter, not harder
- Find the zone of peak performance



## STRESS MANAGEMENT: RECHARGING YOUR BATTERIES

The impact of chronic stress can lead to burnout and physical ailments. Managing negative thoughts, controlling emotions, and developing healthy habits can keep stress from taking over. This training will help participants:

- Recognize the triggers and impact of stress
- Develop strategies to manage thoughts, emotions, and behaviors
- Discover how to use mindfulness in day-to-day life

Robin Lavitch—nicknamed “The People Whisperer” by her clients—is the owner of Surpass Your Goals, a coaching practice focused on four key areas: **B**usiness Development, **E**xecutive Growth, **L**ife Transitions, and **T**een Advancement (The B.E.L.T. Model). She is a certified professional coach with a master's degree in psychology, and she is currently pursuing her doctorate in human behavior. Her background as a speaker, professor, counselor, and executive, combined with her strengths and experience, create powerful outcomes. Her philosophy integrates positive psychology and best practices of business development to enhance your performance, change behavioral patterns, and harness the power of your mind to live with happiness and prosperity.

