



WORKSHOP 4

Reimagine a Better Workplace

Through this highly interactive half-day workshop, Heather helps leaders and teams co-create innovative ideas for building a better workplace, using visualization exercises to reframe challenges and re-imagine what might be possible.

Leaders and teams will learn how to:

- ✓ Visualize success, and be more attuned to opportunities that will get them where they want to go
- ✓ Reduce stress by reframing challenges and anticipating positive outcomes
- ✓ Maintain an optimistic attitude at work

As a result, attendees will feel motivated to contribute ideas that fuel a better workplace and drive business success.

Tools:

- ✓ Reimagine a Better Workplace Workbook
- ✓ The 3 Rs of Resilience Tip Sheet



"Heather has successfully *engaged* our employee engagement group in team-building, enhanced communications, and focusing on the positive.

With Heather's assistance, our company raised in ranks from the bottom tier of The Denver Post's Top Workplaces to a top 10 finisher two years in a row."

PAM WOLF | Human Resources Director, Extraction Oil & Gas