Motivation & Harmony

FOSTERING MOTIVATION AT WORK

- Embracing the power of purpose and meaning
- Using autonomy, growth, empowerment and appreciation
- Sustaining motivation and preventing burnout

MASTERING EMOTIONAL INTELLIGENCE

- Understanding the concept of E.I.
- Developing emotional awareness and regulation
- Applying Emotional Intelligence for a stronger team cohesion

CREATING PSYCHOLOGICAL SAFETY IN A TEAM

- Understanding Psychological Safety
- Recognising behaviours that build (or break) safety
- Creating a culture of voice & inclusion

MEDIATING CONFLICT IN THE WORKPLACE

- Unveiling the origin of a conflict
- Resolving day to day conflicts
- Handling difficult conversations

ENHANCING CROSS-CULTURAL RELATIONS

- Discovering cultural awareness and self-assessment
- Defining one's P.U.C. (Personal Unique Culture)
- Building trust and relationships