PROFESSIONAL DEVELOPMENT COURSES

Positivity in Communications - (PE216)

Added

THU, JAN 21, 3:00p.m. – 5:00p.m.
In a world of confusion and disharmony, so many interactions are clouded with mistaken beliefs and communication difficulties. These hinder our forming true partnerships with the people around us. In an effort to undo these communication barriers, participants are moved through educational and experiential exercises that address their abilities to resolve conflicts, praise others, be more assertive, and value a diverse workforce. In addition, participants are given the tools to: assess their own attitudes, focus on positive language use, increase clarity in their written and spoken communications, and reduce personal stress in their lives. This training is provided by an external consultant.

Understanding and Managing Style Differences (PE193)

THU, JAN 28, 9:00a.m. -12:00p.m.
This course emphasizes the development of improved interpersonal skills and workplace interactions to enhance workplace productivity and morale. Participants will receive feedback on their Social Style and gain an understanding of how their style impacts their interactions with others. During this workshop, participants will learn to identify each of the four social styles and the best approach to work with each. Participants will pinpoint areas of tension, which if unchecked, can ultimately lead to toxic relationships. Employees will also learn about versatility and identify actions to increase their ability to adapt and be successful in workplace relationships.

Crucial Conversations - (PE197)

WED, FEB 17, from 9:00a.m.-1:00p.m., Session I
THU, FEB 18, from 9:00a.m.-1:00p.m., Session II
(Participants are required to attend both sessions in order to obtain course credits.)
This course is for all employees and teaches skills for creating alignment and agreement by fostering open dialogue around high stakes, emotional or risky topics. This course includes a focus on creating a safety culture by increasing accountability and helping foster an environment where employees are willing to speak up when they see a situation that is unsafe.