

# The Women's Professional Development Workshop

Join other professionals for a workshop full of career growth and personal development. This one-of-a-kind training provides the tools you need to build on your inherent talent and strengths, grow as a leader and unleash your unlimited potential. It's full of meaningful insights you won't soon forget, led by the most inspiring professional trainers you'll ever meet!

## Session 1

### Creating a Powerful Personal Brand

- The basics of building your own personal brand and why it's so important
- Learn to balance the unique set of competencies, skills and characteristics that set you apart from your peers
- Explore ways to expand your influence at work and in the community

## Session 2

### Cultivating Strong Professional Relationships

- How to build rapport, trust and credibility with your co-workers
- What's your EI? Ramp up your emotional intelligence for career success
- Do you have the critical skills needed to form professional relationships that last?

## Session 3

### The Power of Influence

- Why being a positive influence helps boost your personal brand
- Communication mistakes that kill your ability to influence others
- Credibility is everything! Learn how to build and maintain yours

## Session 4

### Collaboration in Today's Workplace

- Defining collaboration: What collaborating is — and isn't
- Self-assessment: Do you have what it takes to be collaborative?
- Jump-start your team: How to turn around non-collaborative behaviors

## Session 5

### The Personal Side of Change

- Responding to change: What's normal, what's not?
- De-stress your workday — flip your mindset
- Train your brain to build resilience