



PROFESSIONAL READINESS AND EMPOWERMENT SERIES



Topics (Customizable Session Options Available)

This interactive series equips participants with the tools and mindset to thrive professionally and personally. Topics can include:

- Emotional Intelligence
- Strengths Discovery
- Personality Discovery
- Communication Basics
- Conflict Resolution & Difficult Conversations
- Workplace Norms & Organizational Culture
- Teamwork & Collaboration
- Leadership
- Resilience, Change, & Coping with Feedback

Outcomes of the Series

Greater Self-Awareness & Confidence

- Identify emotional triggers, personal strengths, and leadership styles
- Understand and value diverse personality types in self and others

Stronger Interpersonal & Workplace Skills

- Communicate more effectively and collaborate with confidence
- Navigate conflict and tough conversations with skill
- Understand and contribute to positive workplace culture

Increased Adaptability & Career Readiness

- Respond to feedback and change with resilience
- Develop strategies for handling challenges with a growth mindset

Format: Interactive workshops, group activities, scenario-based learning, and practical exercises

Location: In-person or virtual

Dates: 9-week series (or customizable sessions available)

Ideal for: New professionals, early career staff, team leads, and anyone seeking to increase their impact at work

Ready to elevate your team? To discuss how this program can be tailored to your goals, contact kmcclain@praeliscere.com or explore our full resource library at praeliscere.com. Copyright Kathryn McClain.