



PROFESSIONAL READINESS AND EMPOWERMENT SERIES

**BUILD CONFIDENCE. BUILD CONNECTIONS.
BUILD YOUR FUTURE**

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
- Career Exploration

Outcomes of the Series

Greater Self-Awareness & Confidence

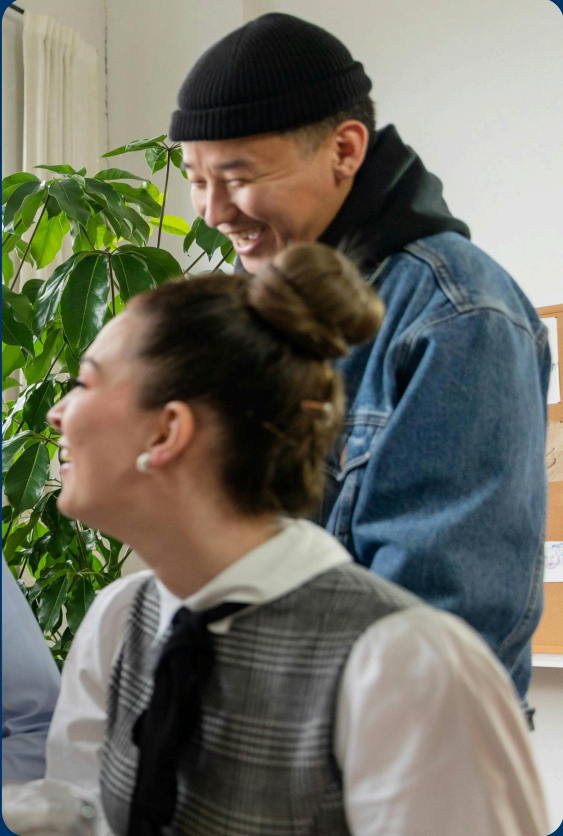
- Identify emotional triggers, personal strengths, and leadership styles
- Understand and value diverse personality types in self and others

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
- Take ownership of career growth and influence others positively
- 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: 10-week series (or customizable sessions available)
Ideal for: New professionals, early career staff, team leads, and anyone seeking to increase their impact at work

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