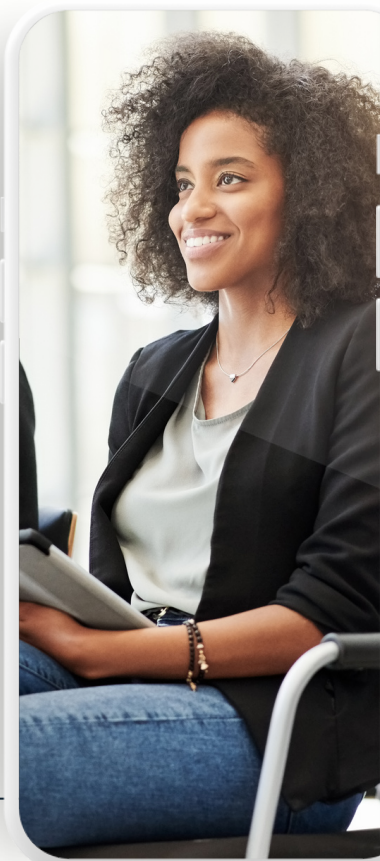




Learning Portfolio

Empower Your Journey: Explore Our Diverse Learning Opportunities for Personal and Professional Growth.





Welcome!

Welcome to our comprehensive Learning Portfolio, designed to ignite your curiosity, enhance your skills, and empower your personal and professional growth. Dive into a diverse array of courses carefully curated to meet the evolving needs of businesses and learners like you.

Whether you're seeking to sharpen your leadership acumen, enhance your workplace culture, explore your strengths, or master your stress, our catalog offers an inspiring journey of discovery and development. Join us as we embark on a transformative learning experience together.



LAKELAND CARE
PLUS CONSULTING



Overview



Training

Discover our diverse range of offerings designed to empower individuals and organizations to reach their full potential.

- Leadership Development
- Recruitment & Retention
- Workplace Culture
- Working from your Strengths
- Managing Your Stress

By participating in our training programs, you will be equipped with the knowledge and skills necessary to thrive in today's dynamic work environment, ultimately reaching your full potential and achieving sustainable success.

Standard training length is 60 minutes, however this can be customized based upon your organizational needs.

Coaching

Embark on a transformative journey of personal and professional growth with our comprehensive coaching offerings.

- Guidance for enhancing leadership skills, overcoming obstacles, and achieving work-life balance.
- Tailored one-on-one sessions for personalized support.
- Empowering guidance and supportive partnership to unlock your full potential.

By participating in our coaching offerings, individuals will experience significant growth and development, enabling them to overcome obstacles, enhance leadership effectiveness, and achieve greater fulfillment and success in both their personal and professional lives.



Overview Cont.



Consulting

Partner with us for expert guidance and support to help you achieve your organizational goals.

- Mission, Vision, Values Development
- Strategic Planning
- Leadership Development
- Change Management

By partnering with us, participants will receive expert guidance and support across these key areas, enabling them to drive positive organizational change, enhance performance, and achieve sustainable growth and success. Check out our offerings below.

Online Learning

Expand your horizons from the comfort of your own home or office with our engaging online learning opportunities.

Join us for live, virtual sessions cultivating valuable knowledge, practical tools, and inspiration to work within your strength, foster a positive work culture, and master your stress.



Bundles

Customizable bundles tailored to the unique needs of individuals or organizations, ensuring flexibility and effectiveness in addressing specific goals and challenges. Whether it's leadership development, workplace culture enhancement, or stress management, we can curate bespoke packages to support your journey towards success.





Training Offerings



Empathy Evolution: Embracing Compassion Resilience

Session Overview: Gain insight into compassion resilience—a vital skill for maintaining well-being while responding empathetically to others' suffering—and learn effective strategies to navigate challenging situations in this interactive session.

Session Objectives:

- Understand compassion resilience.
- Develop strategies to build resilience to support your own physical, emotional and mental wellbeing.



Unlocking Your Inner Superhero: Leveraging Pronoia and Strengths

Session Overview: Imagine embracing optimism and possibility, overcoming fear and self-doubt to unlock your inner superhero and achieve your goals with confidence, as this session explores pronoia and strengths-based approaches to professional development.

Session Objectives:

- Understand the concept of pronoia and how it can shift our mindset from fear-based to abundance-based thinking.
- Discover and explore your unique strengths and how they can be leveraged for personal and professional success.
- Learn practical strategies and techniques for applying pronoia and strengths.
- Develop a personalized action plan for using pronoia and strengths to achieve your career goals.
- Leave feeling inspired and empowered to take on new challenges with confidence and purpose.





Training Offerings



Courageous Communication: Conquering Conflict & Difficult Conversations

Session Overview: This session empowers you to understand your unique approach to conflict management and equips you with effective strategies to transform challenging conversations into opportunities for constructive dialogue and stronger relationships.

Session Objectives:

- Acquire a solid understanding of conflict dynamics within the workplace
- Assess and recognize your personal approach to conflict, understanding its influence.
- Expand conflict management techniques and formulate strategic approaches to navigate and resolve challenging conversations



Empowered Excellence: Leveraging Self-Awareness and Strengths for Superior Customer Service

Session Overview: In this session, participants will learn the importance of self-awareness in customer service and how it affects others' perceptions, with strategies to use personal strengths to enhance self-awareness and positively influence service interactions.

Session Objectives:

- Examine the role of self-awareness in shaping customer service outcomes and its impact on customer relations.
- Identify strengths and design strategic applications to enhance self-awareness and professional development.
- Apply self-awareness principles in customer service scenarios to consistently elevate the quality of customer engagement and satisfaction.





Training Offerings



Time Management: Your Life in 4D

Session Overview: This session will explore time management strategies designed to make work more fulfilling, reduce stress, and free up time for what truly matters, thereby boosting productivity and the quality of care provided to others.

Session Objectives:

- Understand what time management is and why it is important.
- Identify individual areas of opportunity and implement strategies to manage time effectively.
- Gain strategies to manage your time effectively using the 4D's: Do, Delegate, Defer and Delete.



Thriving Together: A Journey to Cultivate Positive Work Culture

Session Overview: This interactive session aims to cultivate a positive workplace culture that boosts teamwork, morale, productivity, efficiency, and employee retention by developing strategies that connect employees to a shared purpose and leadership skills that promote a culture of excellence.

Session Objectives:

- Understand the importance of a positive work culture.
- Build skills to connect employees to a purpose and lead a culture of excellence.





Training Offerings



From Stressed to Best: Unlocking a Life of Balance

Session Overview: This session offers actionable strategies for managing stress and achieving balance in both personal and professional spheres, promising a shift from chronic stress to peak performance regardless of past experiences with stress management.

Session Objectives:

- Understand the root cause of your stress.
- Discover and explore stress management strategies and techniques.
- Develop an action plan to incorporate these strategies and techniques into your professional and personal life.
- Leave feeling inspired and empowered to navigate stress and achieve your best.



Leadership and Mental Health: A Holistic Approach

Session Overview: This session equips leaders with insights and strategies to positively impact mental health in the workplace. Participants will explore the critical role of leadership in promoting well-being, develop practical tools for creating a supportive culture, and learn to balance performance with mental health needs. This focused training aims to inspire actionable change, fostering a healthier, more inclusive work environment.

Session Objectives:

- Understand the impact of leadership on employee mental health
- Learn leadership practices that promote well-being
- Develop strategies for creating a mentally healthy leadership culture
- Implement tools for balancing high-performance expectations with employee well-being.





Training Offerings



Burn Bright, Not Out: Unveiling the Secrets to Sustained Success

Session Overview: Explore burnout identification, potent self-care strategies, and resilience building, empowering professionals to thrive in today's fast-paced world through practical techniques for rejuvenation, growth mindset cultivation, and work-life harmony.

Session Objectives:

- Unmasking burnout in professional settings
- Self-care strategies for recovery
- Fostering a positive mindset
- Creating a sustainable work-life harmony



Unmasking the Perfectionist: Navigating Pitfalls for Workplace Well-Being

Session Overview: Perfectionism can be a double-edged sword, with its drive for excellence on one side and its potential for creating stress and unrealistic expectations on the other. This workshop is designed to foster a deeper understanding of perfectionism's complexities in the workplace, help participants recognize the signs of perfectionist behaviors, and explore the impacts these tendencies can have on personal and team development.

Session Objectives:

- Understanding Perfectionism: Delve into the roots and manifestations of perfectionism in professional settings.
- Spotting the Signs: Identify behavioral and emotional indicators of perfectionist tendencies in individuals and teams.
- Impact on Individuals and Teams: Explore how perfectionism can hinder personal growth, teamwork, and overall workplace dynamics.





Training Offerings

Training Series

Offered as multi-part workshops, our training series offerings aim to meet the needs of individuals and organizations looking to enhance their capabilities, teamwork, and resilience in the face of challenges. Offerings include:

- **P.E.P. Up Your Organization:** Standing for Prepare, Engage, and Positively Impact, P.E.P. focuses on employee recruitment, retention, and engagement.
- **S.T.E.P. to Success:** Standing for Strengths, Talent, Execution, and Partnership, S.T.E.P. focuses on leveraging your individual and team strengths to foster success.
- **Rise & Thrive:** Focusing on building your resilience to manage your stress and face challenges with increased confidence.

Explore training series opportunities below!



PEP Up Your Organization

Session Overview: Facing challenges in filling positions or retaining employees? "P.E.P. Up Your Organization" offers a solution! Standing for Prepare, Engage, and Positively impact, PEP is a highly interactive workshop and coaching series that aims to bolster your recruitment efforts, enhance employee engagement, and curb attrition, providing you with effective tools and strategies to attract new talent and retain your existing workforce for a thriving organizational environment.

Session Objectives:

- Build skills for positive impact and engagement in the organization.
- Foster employee purpose through alignment with mission, vision, and values.
- Improve recruiting with strategic enhancements and analysis.
- Drive organizational improvements through engagement survey analysis and evaluation.





Training Offerings



STEP to Success

Session Overview: This workshop series emphasizes recognizing individual strengths and fostering team awareness to enhance collective success and collaboration. Through identifying personal talents and understanding how to integrate them within a team, participants will learn strategies for more effective teamwork and organizational growth.

Session Objectives:

- Empowering individuals to understand their unique strengths drive collective success.
- Learn to recognize and leverage diverse strengths and talents.
- Gain insights to maximize strengths in teamwork to drive collective effort and shared success.



Rise & Thrive: Unlocking Your Resilience Potential

Session Overview: Our resilience training offers the essentials to fortify your resilience, providing tools to bounce back from life's hurdles and flourish both personally and professionally. In a six-week course, we distill resilience into seven core elements, mixing theory with practice for a journey of self-discovery and strength-building. Using dynamic methods like resilience metaphors, cognitive techniques, and mindfulness, we create an encouraging space for growth and resilience mindset cultivation.

Session Objectives:

- Navigate life's challenges with increased confidence.
- Learn from difficulties, transforming them into strengths.
- Manage stress and take charge of your life with practical strategies.
- Understand the science of resilience and craft your personal resilience plan.
- Shift your perspective on crises and actively pursue your aspirations.





Coaching Offerings



1:1 Career Catalyst: Personalized Coaching for Professional Success

Session Overview: Through personalized support and guidance, clients are empowered to achieve their career ambitions, bolster their professional capabilities, and successfully address workplace challenges. These one-on-one sessions are customized to align with each individual's unique needs and aspirations, ensuring a journey tailored to personal growth and professional development.

Session Objectives:

- Achieve empowerment to confidently navigate through professional landscapes.
- Enhance skills for effectively managing workplace dynamics and fostering robust professional relationships.
- Receive tailored, impactful guidance to identify and overcome barriers to professional growth, advancement, and goal attainment.

Why Coaching?

Coaching can have a significant impact on various aspects of an individual's personal and professional life.

Here are some areas where coaching can make a difference:

- **Career Advancement:** Supports identifying and reaching career milestones, improving workplace performance, and navigating through professional challenges with tailored guidance and actionable feedback.
- **Leadership Development:** Develops strategic leadership capabilities and effective communication, essential for building strong teams and fostering professional relationships.
- **Executive Presence:** Increases self-confidence and self-esteem, enabling more assertive actions and decisions.

We offer customized coaching packages to meet your needs.

1:1 Coaching
Group Coaching/Facilitation





Consulting Offerings



Vision to Victory: Strategic Planning for Sustainable Growth

Session Overview: Expert guidance and methodologies to organizations, assisting them in defining their vision, setting achievable goals, and developing comprehensive strategies that align with their long-term objectives and market dynamics, ensuring sustainable growth and competitive advantage.

Session Objectives:

- Develop strategic goals to further advance your organization.
- Build a strategic plan to



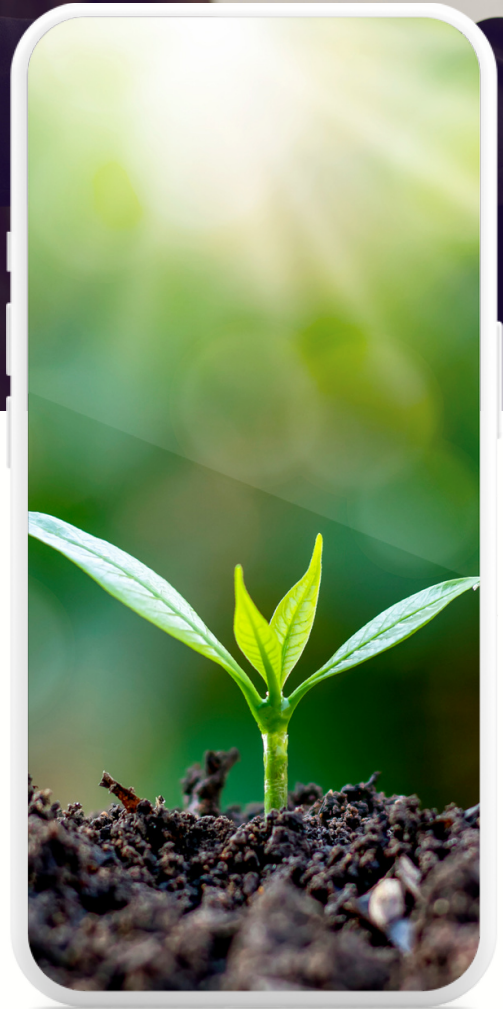
Identity Ignite: Crafting Purpose-Driven Culture for Organizational Success

Session Overview: Help organizations articulate and refine their core purpose, future aspirations, and guiding principles, ensuring these foundational elements are deeply integrated into their culture and operational strategies, fostering a cohesive identity and aligning team efforts towards shared goals.

Session Objectives:

- Develop or refine your organizations Mission, Vision, and/or Values.
- Gain tools to embed the organizations Mission, Vision, and/or Values into everyday operations, decision-making processes, and leadership behaviors.





Thank you!

Thank you for taking the time to explore our training and coaching services catalog. We hope you have found programs that resonate with your goals and inspire your journey towards personal and professional growth.

Your commitment to development is not just an investment in your future, but also a testament to your dedication to excellence. We look forward to partnering with you and supporting your success every step of the way. If you have any questions or wish to begin your transformative journey with us, please reach out. Here's to achieving your full potential, together.



Connect with us:

 info@lcplusinc.com

