

Effective Management For Today's Workforce

Workshop Series

Step into your leadership powers!

At a glance

- Manager Workshop Series, 8 hours
- Learn self-calming and team-calming techniques to reduce friction and stress
- Build manager communication skill for today's workforce
- Understand managing holistically to respond effectively to conflict

Results you can see!

50+ managers from 6 countries reported that this course improved their management skills faster and more effectively than any previous training.



FEEL

More confidence, less stress



KNOW

How to respond effectively to complex situations



SHIFT THINKING, BUILD LEARNING, SEE RESULTS



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<https://shiftworkplace.com>



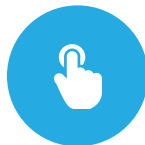
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WHY ATTEND

In this unique inside-out approach to management, you will learn to keep yourself and your team focused on the task at hand by eliminating the inner workplace obstacles based on fight, flight and freeze responses. By developing your probing question ability and capacity to reduce resistance and increase commitment, your team accountability and initiative will grow exponentially.

PEOPLE-RESPONSIVE MANAGEMENT

People respond to feeling safe, being acknowledged, receiving necessary resources and being coached to use them. This course teaches you how to sense and respond to the needs of individuals and teams so they are best equipped, willing and able to to the job.



Speak & listen effectively



Reduce conflict with less stress



See performance improvement

WORKSHOP TOPICS

1

The Power of One: Prioritizing Personal Management

Learn the basics of self-awareness and emotional self-regulation for stressful work environments.

2

The Power of Two: 1-2-1 Conversations That Work

Develop the practices and habits of effective communication between two or more people

3

The Power of Team: Building Agreement and Pre-commitment

Learn to set clear expectations, check for understanding and solicit feedback in ways people will appreciate

4

The Power of Systems: Solving People-System Problems

Learn to read people realities for better decision-making

WORKSHOP SERIES

WORKSHOP #1: THE POWER OF ONE *Prioritizing Personal Management*

In this workshop you will practice:

- Personal awareness of your own thoughts, feelings, beliefs and responses to your environment
- Slow-down strategies: breathing, naming, and measuring emotional intensity, in the moment self-regulation
- Reflection tools: gather feedback, notice processes and reflect to self-correct while managing day-to-day incidents



WORKSHOP #2: THE POWER OF TWO *1-2-1 Conversations That Work*

In this workshop you will practice:

- Building friendly and firm work relationships
- Noticing the talents of others and mirroring their qualities to them
- Facilitating a conversation with non-judgmental questions
- Encouraging quiet people to talk, and talkative people to listen



WORKSHOP #3: THE POWER OF TEAM *Building Agreement and Pre-commitment*

In this workshop you will practice:

- Building team member and team communications capacities
- Correcting problems early on without loss of face
- Diagnosing correctly, apply the remedy and coach for success
- Practicing courage and tact



WORKSHOP #4: THE POWER OF SYSTEMS *Solving People-System Problems*

In this workshop you will practice:

- Uncovering your own and others' resistance and bring them to commitment
- Measuring commitment levels and using the power of acceptance to auto-correct
- Reading body language in individuals and between individuals
- Diagnosing a system problem involving people and apply your learning to start solving it.



Register 

[HTTPS://SHIFTWORKPLACE.COM/EFFECTIVE-MANAGEMENT/](https://shiftworkplace.com/effective-management/)

TESTIMONIALS



First-Time Manager

"As a new manager, this course provided me with vital information and tools that I will use going forward" - Jackie M.



Insurance Manager

"Best 10 hours! So many helpful tools you provided. I am using them every day now. And taught by such an amazing human too!" - Brandy B.



Senior Engineer Manager

"I wish I would have had this training when I first started five years ago, it would have saved me from a lot of unnecessary frustration." - Mohammed I.

Register



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Marie Gervais, PhD., CEO of Shift Management Inc. believes that a happy workplace is a productive and profitable one. Her mission is to build inclusive workplace leadership skills using the S.W.E.L model of safety, wellbeing, encouragement and learning.

ABOUT YOUR COURSE INSTRUCTOR

MARIE GERVAIS

Through her unique training and coaching, Dr. Gervais has assisted 50+ companies and 500+ managers to develop visible leadership growth.

She is a sought after speaker, instructor and program evaluator for workplace learning and the future of work.

As a Certified Emotional Freedom Coach, Dr. Gervais helps clients move past the freeze, fight, flight responses from work traumas, to approach work with calm, confidence and wisdom.

She recently published her book "The Spirit of Work: Timeless Wisdom, Current Realities" is available on all online directories where books are sold.

Trusted by:

- Enmax
- Agropur
- CPA Canada
- College of Alberta Psychologists
- Spruce Grove and District Chamber of Commerce
- Alberta Government
- Comar Manufacturing
- BP Automation,
- Chinook Scaffolding
- All Weather Windows
- Action for Healthy Communities
- Sinkunia Community Development Organization
- Railserve
- Interface FLOR Manufacturing
- Railserve
- Rotoflow Oil and Gas
- Magotteaux Manufacturing
- VIN University
- Burnco
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