

Learning & Development Trainings

Equipping Healthcare with Leadership Skills



In a 2022 employment trends report, employees indicated that professional development was the number one way to improve the culture of a company and that they preferred enrichment over money.

Rutschke & Fick, 2023

Healthcare Leadership Series with Actionable Skills For Positive Workplace Impact

2-hours, virtually

Up to 24 people

Starting at \$2,800 USD per workshop



Prevent Burnout: For Yourself and Your Team

Are you concerned about burnout affecting yourself or your team? Join us for an enlightening workshop where you'll explore the latest insights from the science of stress. Discover crucial indicators that signal burnout and gain practical strategies to foster resilience and well-being. Equip yourself with actionable steps to empower your team and thrive in today's demanding environment.



Stop Fixing- Start Coaching: Revolutionize Healthcare

Discover how adopting a coaching approach is transforming the healthcare system and delivering better outcomes for patients and professionals alike. In this interactive session, explore tangible examples illustrating the shift from quick fixes to sustainable habits, leading to enhanced satisfaction for patients and staff. Learn key core competencies to immediately improve results as a practitioner and leader.



The Neuroscience of Goal Setting: Drive Motivation

Embark on a captivating journey into the intricacies of goal setting. Gain invaluable insights into neural processes driving goal setting and uncover practical strategies to apply this knowledge. Discover a tool you can use immediately with patients that will improve their motivation to achieve their goals and learn how leaders can utilize this tool for performance evaluation, fostering growth within their teams.



Mastering Feedback: Communicate with Confidence

Do you find yourself dreading feedback conversations? Join us for an interactive workshop where we delve into the reasons behind the discomfort associated with feedback and discover practical strategies to enhance both giving and receiving feedback. Be prepared to engage in hands-on practice to refine your skills and foster a culture of open communication and growth.

More on the next page 

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Hélène brings an approachable, calming and inspiring presence to her workshops, making complex topics feel accessible and relatable. Her interactive style, including her interactive workbook and real-time assessments, kept our audience captivated. The practical tools and resources she provided were immediately applicable, both in personal well-being, professional and leadership practice. Her expertise in coaching - a must have leadership skill- resonated deeply with our healthcare audience, providing valuable insights and actionable strategies.

– Andrew Mickus, Medbridge Chief Content Officer

Select one quarterly - designed for actionable content and follow through.

Select one quarterly

Small groups assignments

Includes a customized workbook



5 Laser-Focused Coaching: Empowering Employee Growth

Join us for an immersive workshop delving into the realm of laser coaching, a vital resource for fostering employee growth. Explore a 4-step process for rapid, pinpointed, 15-minute, strength-based conversations that empower you to adeptly tackle performance challenges and lead your staff towards growth. Enhance your coaching proficiency and steer your team towards success in this interactive session.



6 Coaching for High-Stakes Conversations

Discover how to approach conversations with confidence when stakes are high, emotions run strong, and opinions vary. In this workshop, we'll explore coaching skills and strategies to help you more effectively navigate your next crucial conversation. Gain practical insights and tools to enhance your communication skills and achieve positive outcomes in challenging dialogues.



7 Delegation & Time Management for Leaders

Leaders will discover practical strategies to improve delegation and time management. Participants will engage in exercises to prioritize tasks, balance urgent vs. important responsibilities, and align work with long-term goals. Through reflection and peer exchange, leaders will leave with actionable techniques to boost efficiency and enhance their impact.



8 Performance Reviews That Inspire

Leaders will learn to conduct inspiring performance reviews using a 4-step framework and customizable worksheet. They'll identify performance gaps for both underperforming and meeting-expectations employees and develop skills to diagnose why individuals fall short. Leaders will leave with tools to transform reviews into growth opportunities that inspire progress at every level.

More on the next page 

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What's the process & what you'll get:

- Goals and Alignment Meeting: Collaborate on selecting the four workshops that best align with your organization's goals for the next 12 months.
- Pre-Workshop Check-in: Keep each session relevant with a meeting before every workshop.
- Small Group Assignments: Reinforce learning through group tasks and accountability.
- Customized Workbook: Practical tools and resources tailored for ongoing use.
- Access to Slides: Continued access to all workshop materials.
- Certificate of Completion: Recognize your participation and achievement.
- Feedback Report with NPS Scores: A detailed report with participant insights and NPS scores.
- 100% Feedback Response: Comprehensive feedback from all participants.

Optional

- Small Group Coaching
- 1:1 Holistic Leadership Coaching



H el ene Th eriat

Global Award Winning Coach Educator | Master Certified Coach

H el ene, a regulated clinician and accredited coach, empowers executives, leaders, and healthcare professionals in their pursuit of conscious and influential leadership. With over 21 years of experience in healthcare leadership, education, and facilitation, she is an award-winning coach educator known for crafting engaging and transformative content. H el ene holds a BS in Occupational Therapy and certifications as a totalsdi and Leadership Circle Profile facilitator, embodying an innovative approach to leadership development.



YOUR NEXT STEP:

Email Us

OR

Book a Call

EQUIP YOUR HEALTHCARE TEAM WITH LEADERSHIP SKILLS TODAY!

FUNCTION **FIRST** COACHING INC.