

Learning & Development Trainings

Equipping Healthcare with Leadership Skills

Function First Coaching is dedicated to transforming leaders within the healthcare industry, from current leadership roles to healthcare professionals, by prioritizing a people-first coaching culture. Our workshops offer actionable content and tools for immediate workplace impact, tailored to align values and leadership style. Sessions can stand alone or be customized for specific cohort journeys, ensuring relevance and effectiveness for every participant.

2-hours, virtually

Up to 24 people

\$2,800 USD per workshop

Choose from the following workshops:



1 Prevent Burnout: Thrive in a High-Stress World

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.



2 Stop Fixing- Start Coaching: Revolutionizing 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.



3 The Neuroscience of Goal Setting: Enhancing Outcomes

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.



4 Mastering Feedback: Effective Communication Strategies

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.

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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 Crucial 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.



Hélène Thériault

Global Award Winning Coach Educator | Master Certified Coach

Hélène, 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. Hélène holds a BS in Occupational Therapy and certifications as a totalsdi and Leadership Circle Profile facilitator, embodying an innovative approach to leadership development.

INTERESTED IN
REGISTERING YOUR TEAM?

Email Us 

LET US KNOW:

- Which Workshop Number(s) you are interested in?
- Day and time of week that works best for your team

Info@functionfirstcoaching.com