



## Level 1: Get Yourself Together

### How Do You Think? An Introduction to Whole Brain® Thinking

Whole Brain® Thinking is a powerful approach that can help individuals and teams tap into their full cognitive potential. This 30-minute session is designed to introduce participants to the concept of Whole Brain® Thinking, its significance in personal and professional development, and practical strategies to apply it in various aspects of their lives.

*30-minutes*  
Timing

*monthly*  
Frequency

*free*  
Cost

Check Out  
Our Calendar

### DESCRIPTION

By the end of this session, participants will be able to:

- ✓ Understand the concept of Whole Brain® Thinking and its relevance in today's world.
- ✓ Identify their thinking preferences using the Herrmann Brain Dominance Instrument (HBDI).
- ✓ Recognize the value of diverse thinking styles in problem-solving and decision-making.
- ✓ Develop strategies to leverage Whole Brain® Thinking for personal and professional growth.





## Level 1: Get Yourself Together

### You Are Your Brand

Explore the art and science of building a distinctive identity that sets you apart in the professional world. This dynamic workshop provides insights into the key elements of personal branding, including defining your unique value proposition, cultivating a strong online presence, and leveraging your strengths to leave a lasting impression.

*60-minutes*  
Timing

*quarterly*  
Frequency

*\$65*  
Cost

Check Out  
Our Calendar

## DESCRIPTION

By the end of this session, participants will be able to:

- ✓ Identify and articulate individual strengths, values, and unique skills through guided self-reflection exercises, enabling participants to develop a clear and authentic professional brand.
- ✓ Begin optimizing their LinkedIn profiles and learning strategies for effective networking in the digital realm.
- ✓ Develop a personalized elevator pitch that succinctly communicates their professional value propositions, ensuring they can confidently introduce themselves in various professional settings.
- ✓ Apply practical strategies for consistent brand messaging across multiple platforms to establish a cohesive and memorable professional image.





## Level 1: Get Yourself Together

Create an Awesome Resume

Learn and apply nine approaches for creating or enhancing your existing resume - then the floor is yours! What questions do you have? How can I help you be awesome-er?

*45-minutes*  
Timing

*quarterly*  
Frequency

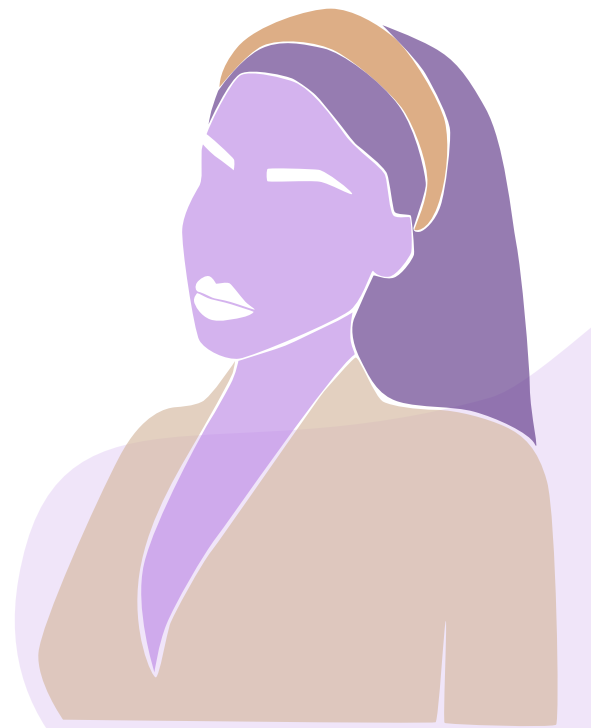
*free*  
Cost

Check Out  
Our Calendar

### DESCRIPTION

By the end of this session, participants will be able to:

- ✓ Optimize their resume for modern ATS (applicant tracking system).
- ✓ Debunk common resume myths and create a resume that stands out and lands the interview.
- ✓ Avoid small errors that derail moving forward in the hiring process.
- ✓ Draft the next iteration of their resume.





## Level 1: Get Yourself Together

### Truly Get LinkedIn Part 1: Your Profile

Through interactive exercises and real-time profile reviews, you'll gain practical insights into building a strong online presence that aligns with your career goals. Whether you're a job seeker, entrepreneur, or seasoned professional, this session will provide you with actionable strategies to elevate your LinkedIn profile. Be sure to also enroll in Part 2 that focuses on expanding your network to open the doors to new opportunities.

*60-minutes*  
Timing

*quarterly*  
Frequency

*\$65*  
Cost

Check Out  
Our Calendar

## DESCRIPTION

By the end of this session, participants will be able to:

- ✓ Strategically update and enhance their LinkedIn profiles by incorporating impactful headlines, compelling summaries, and detailed yet concise work experience descriptions, aligning their profiles with their professional goals.
- ✓ Choose an effective profile photo, optimizing background images, and incorporating multimedia elements to create a visually appealing and engaging LinkedIn profile that attracts attention and reinforces personal branding.
- ✓ Incorporate relevant keywords in key sections of the LinkedIn profile, enhancing discoverability by recruiters, industry peers, and potential collaborators within specific professional niches.





## Level 1: Get Yourself Together

A Cover That Lets Them Know  
You're Awesome

Whether you're a job seeker entering the workforce or a seasoned professional aiming to refine your application strategy, this workshop is designed to equip you with the essential skills to write compelling cover letters that grab attention and leave a lasting impression.

*45-minutes*  
Timing

*quarterly*  
Frequency

*free*  
Cost

Check Out  
Our Calendar

### DESCRIPTION

By the end of this session, participants will be able to:

- ✓ Analyze job requirements, identify their unique strengths, and tailor cover letters for specific positions, ensuring a customized and impactful approach to job applications.
- ✓ Craft compelling opening statements that immediately capture the reader's attention, setting the tone for a cover letter that stands out in a crowded field of applicants.
- ✓ Research and incorporate company values and culture into cover letters, showcasing a genuine connection with the organization and increasing the likelihood of resonating with hiring managers.
- ✓ Solicit and get peer reviews and constructive feedback on cover letter drafts, allowing participants to refine their writing skills and polish their documents for maximum effectiveness in the job application process..





## Level 1: Get Yourself Together

### Achieving Success with a Career Action Plan

This session is designed to empower individuals to take control of their professional journey by equipping them with essential strategies for effective career management. You will explore five key strategies crucial for navigating your career successfully in today's dynamic work landscape. From setting clear goals to cultivating valuable skills and networks, this session aims to provide actionable insights and practical guidance to enhance participants' career trajectories.

*30-minutes*  
Timing

*monthly*  
Frequency

*free*  
Cost

Check Out  
Our Calendar

### DESCRIPTION

By the end of this session, participants will be able to:

- ✓ Implement 5 ways to proactively managing their career journey.
- ✓ Identify personal strengths, skills, and areas for development relevant to their career goals.
- ✓ Create an action plan to implement these strategies in their professional lives.





## Level 1: Get Yourself Together

### Truly Get LinkedIn Part 2: Your Network

Participants will learn how to leverage LinkedIn's features to identify and connect with industry influencers, access valuable insights, and stay updated on trends and opportunities. Through interactive activities and real-world examples, this session will equip you with the skills to turn your LinkedIn profile into a dynamic networking tool that opens doors to new professional relationships and opportunities.

*60-minutes*  
Timing

*quarterly*  
Frequency

*\$65*  
Cost

Check Out  
Our Calendar

## DESCRIPTION

By the end of this session, participants will be able to:

- ✓ Craft and send personalized connection requests, fostering authentic connections with professionals in their industry, and expanding your network strategically.
- ✓ Create impactful content on LinkedIn, increasing visibility within their network, and positioning themselves as knowledgeable and approachable professionals.
- ✓ Leverage advanced networking features on LinkedIn, such as alumni connections, groups, and InMail, to identify and connect with industry influencers, stay informed about trends, and create opportunities for collaboration and mentorship.

