

CULTURE CIRCLE

Workshops

Educate. Inspire. Engage.

Captivate and educate your people with interactive, inspiring, and dynamic workshops. These include foundational courses such as Understanding the - isms and biases, Culture 101, and Creating an Inclusive Workplace Culture.

Creating an Inclusive Workplace Culture

Build the foundation of an inclusive workplace culture by defining what inclusivity means and its impact on the company and its people.

Culture 101: Culture and Tribe

What is culture? How does it impact your workplace? It's not a coincidence that companies with strong cultures see 4x increase in revenue growth.

10 Habits for Success

Build healthy habits for success inside and outside of the workplace to create ultimate work-life balance.

Self-Care

Increasing self-care lowers turnover rate, less employee burnout, lower insurance rates, improves focus and productivity, and betters teamwork and client relations. Empower your people with the basics of self-care.

Belonging and Allyship

Create an environment of belonging and allyship in your workplace that makes people feel heard, seen, and empowered.

Vision + Goal Setting

Strengthen your people's vision and enrich their confidence through this goal-setting workshop where they learn how to set, structure, and pursue professional and personal goals.

Communication Improv: Passive, Aggressive, Assertive

Improv meets skill development. Equip your team with different styles of communication so they can work more efficiently and with humanity.

Burnout (Two-Part Series)

70% of professionals feel their employers are not doing enough to prevent or alleviate burnout within their organization. This workshop is designed to empower your team identify, address and prevent burnout.

Wellness Workshops

Impostor Syndrome

If your employees are feeling insecure, hesitant to take risks, and second-guessing their decisions, they might be experiencing impostor syndrome which affects up to 82% of people. This workshop helps employees understand why we carry it impostor syndrome and how to rewire our mindsets.

Illuminating the Shadow Self

Explore how the shadow (the unknown self or "me I cannot see") manifests both personally and in groups, and how we might recover that lost energy and utilize it towards transformation.

Mythical Narratives that Spark Transformation

Transform your employees and work environment into a fantasy story through which you gain insights, reveal unconscious patterns and open up new channels of communication through narrative.

Exploring Personality Archetypes

Gather as a team to explore the fundamentals of personality types to better illuminate who you are, why you come into conflict with personalities different than your own, and how you might play to your strengths while developing your weaknesses.

Personal Development Through the Hero's Journey

Gift your employees a way to discover their own hero's journey, the challenges and unknowns in which they find themselves, and what treasures might await them if they can make it to the other side.

Cultivating Self-Awareness with Dreamwork

Learn to use dreams as tools of self-understanding, helping uncover unconscious patterns and analyze through symbolism and narrative.

Tarot for Self-Development

Empower your team through learning the fundamentals of Tarot (a 78-card deck of symbolic and archetypal images) as a way to problem-solve, self-inquiry, and personal development.

Group Circles

Sharing Circle

Offer a safe space for employees to share a wide range of topics or current events.

Open Topic Discussion

A discussion space on a topic or questions submitted by employees.

Healing Circle

A place to provide healing around traumatic events/situations.

Group Coaching

A dedicated time for a team to come together in honest discourse and freely discuss concerns while focusing on establishing open channels of communication, strengthening bonds, and problem solving

Post-Workshop Integration Circle

Integrate the lessons and content of a workshop in a more personal and informal environment.

READY FOR A WORKSHOP?

Get in touch with us at
hello@culturecircle.co to learn more.

NOT READY FOR A WORKSHOP YET?

We have a list of dynamic speakers on a range of topics
Email hello@culturecircle.co for more information.