

TRUST

+
UNDERSTANDING

+
**INCREASED
PRODUCTIVITY**

relationships **@work**

A three-day workshop to help individuals
create and integrate new patterns of behavior
into effective business practices.

Experience New Patterns

OF EFFECTIVE BUSINESS BEHAVIOR

The ability to create the most effective work relationships and be the most productive you can be already lies within you. This workshop will help you find it and use it in your business and personal life.

Through powerful exercises and tools, *relationships@work* provides you with a new level of objectivity about yourself and your relationships. You will learn to stop holding others responsible for your life and start being accountable for your own choices and behaviors.

relationships@work delivers practical, hands-on strategies in an environment that is highly interactive, stimulating, and non-threatening. Participants have claimed that the workshop experience has led to making profound changes in their working lives.



What You Learn Will Not Only Change The Way You Lead, But The Way You Live.

In a guided, step-by-step process, we will give you the information and tools you need to:

- have a deeper understanding of yourself, human behavior and human interaction
- help you manage interpersonal and group dynamics more effectively
- build more trust in your work relationships
- stop the limiting beliefs that hold you back from your potential
- understand how your feelings affect your behaviors
- recognize and modify defensive reactions which waste energy and create barriers
- substantially increase your decision-making ability
- arrange your priorities for change and turn your intentions into powerful goals
- develop goals for enhanced leadership

relationships@work is based on extensive research conducted by Dr. Will Schutz in the areas of individual and team effectiveness. Marsha Fraser, the *relationships@work* facilitator, has over 25 years of organizational development experience applying change strategies to improve individual and team performance.



solutions@work is an organizational consulting and training firm specializing in helping companies build trust, create collaborative work environments, and develop leaders and teams to optimize overall performance.

For more information on this workshop, off-site retreats or on other services we provide, please contact Marsha Fraser 360.570.0618 or visit www.solutions-at-work.com