

Stay calm. Speak clearly. Work Better.

Workshop Overview

Workplace stress, conflict, and poor communication don't just affect productivity—they impact your well-being. This workshop provides **practical, inconspicuous strategies** to help professionals regulate their emotional and physical state in real time, even during high-stakes meetings or difficult interactions. Whether you tend to freeze, withdraw, or lash out under pressure, you'll walk away with tools to help you stay composed, assertive, and connected—no matter what's going on around you.

Who Should Attend?

- ✓ Corporate Teams & Department Managers
 - ✓ HR Professionals & Workplace Wellness Leaders
 - ✓ Professionals in High-Stress Roles
 - ✓ Anyone looking to enhance self-awareness, communication, and calm in the workplace
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What You'll Learn

-  How the fight, flight, freeze (and fawn) responses show up in work dynamics
 -  Discreet techniques to regulate yourself physically and emotionally at work
 -  Communication tools to express yourself clearly and assertively
 -  How to build positive, respectful relationships with coworkers and managers
 -  Techniques for handling workplace conflict and difficult personalities
 -  Strategies to remain calm, focused, and composed under pressure
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Workshop Details

-  Duration: Customizable (typically 1.5-2 hours)
-  Format: In-person or virtual - ideal for workplace training events
-  Email: info@thethrivegroup.co
-  Websites: www.thethrivegroup.co | www.otinyourpocket.com

 *Speak with confidence. Respond with clarity. Lead with calm—no matter who's in the room.*