

# Our Most Popular Programs

**Soul Canyon offers more than 50 program titles that can be customized to fit any group or budget.**

## Connect to Yourself

### **What's Your Mission? – What's Your Vision?**

How do you figure out what you want to do with your life? What gives you the most joy? Where is your passion? How do you start engaging your passion? Participants will learn how to identify and build upon their strengths, joys and passions to build a mission and vision statement and plan for their life. Attendees will build a "Vision Board" using collage-visioning tools.

### **Setting and Achieving Meaningful Goals**

Where are you going and how will you get there? This workshop is specifically designed for those who need some tools to help them establish and achieve meaningful goals. Attendees will progress through the steps of describing their current reality and assets. They will build vision statements and then connect their current reality to their vision with SMART (Specific, Measurable, Achievable, Realistic and Time-bound) goals and objectives. By the end of the session, participants will leave with at least one set of goals and objectives in place for something they'd like to achieve.

### **Leadership Essentials**

What makes a good leader? How do you develop those skills? These questions and more will be explored and answered in this highly engaging session. Participants will start with

learn Self Leadership, and will then expand to learning how to handle formal and informal leadership opportunities. Specific attributes will be defined and explored and tools will be identified to help attendees starting moving down the path of being a strong leader.

### **Using The Law of Attraction**

This workshop explores the principles of the Law of Attraction and how to put these principles to work for you in attracting more of what you want – at all levels. Participants will articulate Core Values or Guiding Principles and a personal Mission Statement. Attendees will build their very own Attraction Plan that will start them along the path of Using The Law of Attraction.

### **Manifest Your Dreams**

Manifest Your Dreams builds on Using The Law of Attraction by adding collage visioning, guided imagery and visualization tools

### **Personal Transformation Program**

Soul Canyon's Personal Transformation Program is an 8-session coaching program designed to connect the client to their core values, mission, vision and passion. Once these foundations are defined and set, goal setting and accomplishment of specific objectives is the focus. Program includes 8-1hour live or telephone sessions, workbook, email contact and additional resource referral as needed.

## Connect to Others

### **Colorful Connections – Adaptive Skills for Interpersonal Synergy**

This workshop provides the foundational understanding of different personality types in a fun, interactive and informative format. Participants will learn the basic building blocks of personality type, assess their own personalities, learn how to assess others within seconds and, most meaningfully, learn how to apply that knowledge to have better interactions with everyone they currently know, or will meet in the future.

The following workshops build on the knowledge gained in Basic Colorful Connections, but can also stand alone as the personality types are reviewed at the beginning of each of the sessions.

- **Colorful Stress Management**

Our second most popular workshop, Colorful Stress Management is designed to help participants learn how to handle stress more effectively and to design their lives so that they are stressed less often. Attendees will leave with handy reference materials and stress management tools.

- **Colorful Communications**

Participants learn how the different personality types communicate and process, and how best to adapt to each one. The communication model and perception are explored in depth using fun, interactive role-playing activities.

- **Colorful Conflict Resolution**

Workshop attendees will learn how different personality types tend to manage conflict. Five different conflict styles and strategies will be presented and explored using interactive group activities.

## **Dealing with Difficult People**

Participants will gain a deeper understanding of how to handle “difficult people” and “difficult situations.” After a basic grounding in learning to spot key personality differences, attendees will learn a basic 4-step model for handling almost any difficult situation.

## **Creative Problem Solving Skills**

Just how many different ways are there to solve problems? More than most people imagine. Picking one and getting started, or the fear of failure, is often what stops folks from tackling problems. In this fun workshop, attendees will be exposed to a variety of problem solving techniques. Groups will be formed and given different, fun problems to solve that require the use of these techniques. Group presentations will cap this fun-filled session.

## **Competency Based Interviewing**

Many employers don't attract the employees and team members they really want because they don't take the time to properly seek them out. In Competency Based Interviewing, we teach participants how to break job descriptions into sets of tasks, translate tasks into competencies then build interview questions that are designed to seek out those demonstrated competencies from candidates. Attendees leave the session with a real process to apply to their specific jobs.

## **Build Your Skills**

### **Financially Speaking – Keys to Unlocking the Language of Business**

Finance is the language of business. But, it's a foreign language to most small business owners, entrepreneurs and team members who have to use financial and accounting tools as part of their job responsibilities. Speaking finance teaches the basic financial terminology and concepts, how to read the basic financial statements and how, on that foundation to build meaningful budgets and perform basic financial analysis. Loaded with fun examples and activities you'll have a blast learning this intimidating language!

### **Excel – Levels I, II, III, Pivot Tables and Macros**

Taught as either hands on or hands off – you'll learn the secrets of this powerful program using real examples taught by someone who has used this tool to do real work for over 20 years. Learn formatting, formulas, functions, database tools, charting, printing and much more in these highly interactive sessions. Magical!

### **Powerful Presentations/Presentation Skills**

Creating presentations that persuade boils down to several key skills: 1) Formulating your message; 2) Presenting your message in an adaptive and compelling way and 3) Using the correct presentation tools in the process. In this powerful workshop, participants formulate and build a presentation around a message they want to deliver. PowerPoint basics, along with many other tools, are covered in this session. Practice presentations are part of the experience.

### **Powerful PowerPoint Level I, II**

Learn to dos and don'ts of this powerful presentation tool. Basic rules for text slides, building slides from scratch, templates, graphics, animations, transitions, video, photo editing and much more are covered in these powerful sessions.

## **Custom Workshops**

Any of the workshop material from these workshops can be customized and blended to meet the specific needs of your company, group or team.

**Ready to get started?**

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