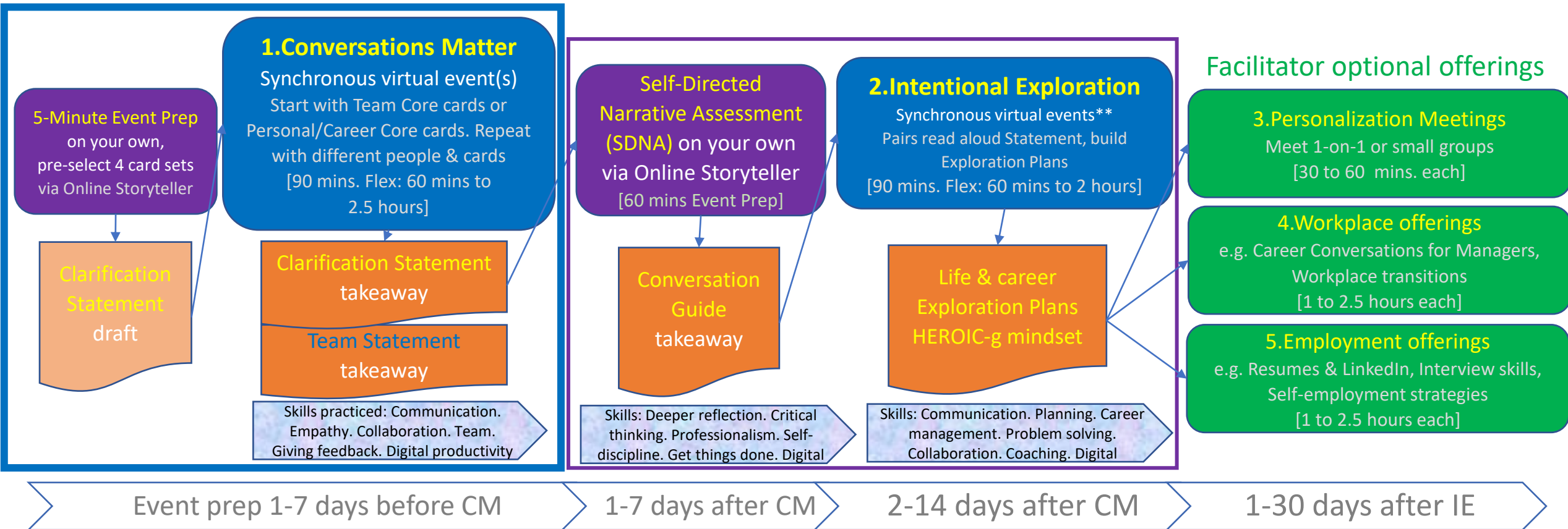


Conversations Matter | Connect, reflect and engage

Interactive & guided program blending virtual group conversations & individual reflection
for *Team building* | for *Personal & career growth*

From a standalone **Conversations Matter** experience, to a flexible, customized, *skill-building* journey...



[Scroll down for details...]

CONVERSATIONS MATTER PROGRAM: HOW IT WORKS

1. Conversations Matter. 75-minutes to 2.5 hours. Synchronous group event. On Zoom or other videoconference tool.

Creating growth experiences amid uncertain times is challenging. Unclear about next steps, individuals find it difficult to create community and make connections. Amid feelings of isolation they hunger for peer conversations and feedback. In Conversations Matter (CM), interactive individual activities and guided group discussions are supported by a proven, evidence-based framework. CM helps to provide individuals with tools to embrace virtual learning and the confidence to engage with colleagues or employers. Within breakout rooms, participants tell stories, demonstrate empathy and appreciation, and practice communication skills, clarify skills, desires, and generate future possibilities. Begin with this engaging synchronous group event preceded by a 5-minute individual Event Prep on our digital platform, Online Storyteller. CM event can be standalone, led once or multiple times with different themes and breakout room configurations, or integrated into a flexible, and customizable Conversations Matter program.

Skills practiced: Communication. Empathy. Collaboration. Team. Giving feedback. Digital productivity

2. SDNA. 60-minute individual activity. On Online Storyteller platform.

Online Storyteller is a narrative assessment tool used as a self-directed narrative assessment (SDNA) and collaboratively to enhance 1-on-1 coaching sessions. Users are guided through a simple and engaging process of reflection which results in substantive takeaways of Conversation Guide, Clarification Statement, and Exploration Plans to guide next steps. The 60-minute SDNA helps people get ready for a deeper and organized conversation with themselves about making a well-informed work, education or life choice. It can support conversations with a coach, counselor, or adviser and maximize conversations with co-workers, a boss, friends or family members.

Skills practiced: Deeper reflection. Critical thinking. Professionalism. Self-discipline. Get things done. Digital

3. Intentional Exploration. 75-minutes to 2.5 hours. Synchronous group event. On Zoom or other videoconference tool.

This session goes beyond traditional workshops by helping participants identify future possibilities in work, education or life. We can identify job and freelance and legitimate work-from-home possibilities, generate education and training possibilities, explore labor market 'clues,' and guide participants to overcome procrastination and take 'inspired action' in their job search.

Participants gain professional skills, communication, emotional intelligence, storytelling and listening, and networking as they read their Clarification Statements to one another. Then, they explore employment and alternate career paths, generating inspiring 'clues' and committing to 'inspired actions' to explore possibilities via research on their own, field research conversations, job search and networking. Conversation Guide is input. Results in increased confidence and clarity; 1 or more detailed employment Exploration Plans within Online Storyteller.

Skills practiced: Communication. Planning. Career management. Problem solving. Collaboration. Coaching. Digital

OPTIONAL FACILITATOR OFFERINGS

Facilitators customize participants' journey with 1-on-1s, or small group coaching optionally using Online Storyteller. Facilitators may also integrate their existing workshops, virtual session or workplace programs. OneLifeTools has developed workshops, sessions and interventions indicated by [OLT]. Contact us to access these tools available to facilitators coupled with a 1-hour consult.

4. Personalization Meetings. 30 to 60 mins. each. Synchronous virtual events. On Zoom or other videoconference tool.

Meet 1-on-1 or small groups of 2 to 5. Integrate Feedback from Allies [OLT], debrief additional assessments, generate more possibilities, construct more Exploration Plans. Support individuals with an analysis of their specific situations. Facilitators can optionally integrate additional assessments after SDNA, e.g. MBTI or DISC, YouScience Aptitudes or Strengthsfinder.

5. Workplace Offerings. 1 to 2.5 hours each. Synchronous virtual events. On Zoom or other videoconference tool.

Sessions can include: Career Conversations in the Workplace [OLT]. Career Conversations for Managers [OLT]. Workplace Transitions [OLT].

6. Employment Offerings. 1 to 2.5 hours each. Synchronous virtual events. On Zoom or other videoconference tool.

Sessions can include: Resume workshop [OLT]. LinkedIn workshop [OLT]. Interview skills workshop [OLT]. Self-employment strategies.