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: corporate mojosm

Team Coaching and Workshops

Systems Coaching

Systems coaching is intended for departments or cross-functional teams that seek to develop skills, competency, and/or cohesiveness. We partner with you to design a customized coaching program to address your team's specific needs. Systems coaching is ideal for:

- Any newly-formed team
- Departments or cross-functional project teams with a new or challenging assignment
- Teams experiencing conflict

Workshops

career mojosm

What is it you REALLY want for your career? This experiential workshop will focus your employees on answering this question by reconnecting them to their strengths and spirit. It will teach them how to get to know their mojo, and develop a strategic plan that encompasses what inspires them, what fulfills them, and what they value most. Emphasis is placed on personal ownership and accountability for career satisfaction. Participants will also:

- Explore their strengths and values to assist in developing career goals and plans
- Learn about tools and resources for self-directed career development
- Understand how to create and leverage their professional network
- Create individual development plans

get your mojo movingsm

Your team will take big steps toward their goals by focusing on organization and efficiency through time and attention management. They'll learn how to get more done in less time by applying personal productivity practices, and discover how to effectively prioritize, make decisions they feel good about, and increase their focus to ultimately see their mojo gain momentum. They'll also learn:

- Why we work harder, but seem to get less done
- How to reduce stress and stay productive when chaos erupts at home or work
- Simple techniques to increase efficiency and create more time in the day

lead with mojo sm

Looking for your management mojo? This workshop is ideal for managers striving to enhance leadership and coaching skills. You will tap into your own strengths and values to discover the authentic leader within you. We'll cover widely accepted management and coaching techniques to help you recognize the strengths and value of your employees, and bring them to new levels of performance and satisfaction. You'll also discover:

- Your unique leadership talents and the talents of those on your team
- How to coach employees with strengths and values different from your own
- Simple tools to increase employee levels of engagement and encourage ownership of their own performance and development

renew your mojo sm

Research has shown that positive attitudes can lead to increased employee engagement, decreased absenteeism, higher profits and customer-satisfaction. Drawing from the fields of positive psychology and appreciative inquiry, this workshop will equip you and your team with tools to create happiness from within, thereby increasing positivity in the workplace. You'll focus on practices that will help to refuel you when your energy levels get low. You'll also learn:

- How to eliminate self-sabotaging thoughts and behaviors
- Simple techniques to decrease stress levels
- How to increase positivity with your team

team mojo sm

Focus on developing high-performance teams through teamwork core competencies, including building trust, generating productive conflict, collaboration, and fostering mutual goals and understanding. The Team Mojo workshop includes an interactive discussion to explore how to immediately apply these concepts for optimal team performance. Other learning goals for the workshop include:

- Understanding characteristics of winning teams
- Building trust that leads to results and how to co-create a winning team culture
- Gaining team-building resources and tools to build unity, focus, and positivity

express your mojo sm

Communicate more effectively in order to achieve the outcomes you desire. This workshop incorporates principles of interpersonal communication such as intent vs. impact, listening, communication channels, and observation vs. inference. You'll also learn:

- The essentials for communicating with diplomacy and professionalism
- Secrets to thinking on your feet
- How to think and prepare before responding