



*Personal Services Plus*

A CONSULTING, COACHING & TRAINING COMPANY

## TRAINING PROGRAMS

- **D.I.R.E. Training-** Diversity, Inclusion, and Racial Equity Training is designed to raise awareness of the value of collaborating with people of different cultures, races, genders, ethnicities, beliefs, experiences and ideas. It will help participants to develop the capacity to better understand diversity, inclusion and racism in its institutional and structural forms. We identify and talk productively about and address white privilege and its consequences. D.I.R.E. training helps to develop inclusive thinking and inclusive actions, which leads to a more positive, productive work environment for everyone.
- **C.R.S. Training-** Civility, Respect, and Sensitivity Training teaches employees and managers how to create and maintain a respectful and equitable work environment. We teach participants it's not only about professional conduct, but that each employee's behavior ultimately affects the bottom line. C.R.S. training encourages participants to be aware of the differences and comfort levels of others, and how their attitudes and behaviors can cause offense unintentionally. Being sensitive and aware of one's behavior towards others can help prevent discrimination and harassment.
- **C.U.B. Training-** Comprehending Unconscious Bias Training teaches employees and managers that we all bring unconscious biases into the workplace and these hidden attitudes based on social stereotypes can impact many areas of business. It can impact diversity retention rates, promote a disconnected culture, undermine recruiting efforts and adversely affect hiring and promotions.
- **Transformational Teambuilding-** Our Transformational Team Building programs are customized for senior leadership, middle management and staff. The training is designed to improve communication flow within the team, create an environment where constructive candor is welcomed and foster mutual accountability for behaviors and results.
- **Rhythmic Leadership Training-** Is about establishing personal credibility and creating organizational capability. It is about having the passion to help others perform at high levels, the resolve to get positive results, and the commitment to inspire confidence in people to improve their competence. Rhythmic leadership uses the 5 V's to help create "intentionality of thought: vision, values, voice, vows and victory.