

Descriptions of Workshops

Provided to Corporate Volunteers of New York

Balance is Bullshit!

"I need balance in my life!" How many times have you said this or heard someone else say it? My question for you is -- how is that quest for balance going??

If you have achieved it, please alert Oprah and the authorities and let us know HOW!

Some of us are chasing this elusive balance like a Cougar at a Frat Party trying to find a date. We think it's something we should have, and once we have it, we will be happy. We have an "ideal" of how balance should look and we never seem to measure up.

I say that balance is truly unique to each of us. One person may want more time to be with their kids or grandchildren. Someone else may want to spend more time developing a new talent. Another person may want to block more time to be outside and exercise. Once you find your unique sense of balance, you will be happier, more peaceful and enjoy life more.

During this 75-minute workshop, you will:

- Stop beating yourself up for not being "perfect."
- Identify your unique sense of balance.
- Leave with a practical tool to access that sense of inner peace and calm you desire.

Let's put this issue of balance to bed once and for all!

Cat Got Your Tongue? How to Have Those Hard Conversations

"Understanding and Love are interdependent. Love is made of Understanding and Understanding is made of Love." — Thich Nhat Hanh

Conflict in life is inevitable. How you deal with it can make or break your success at the office and at home.

Whether it's how much time we spend with our family, holding someone accountable at work, or even telling the waiter our meal wasn't quite to our liking, having the tools to resolve conflicts in a healthy manner will make all of us a little happier don't you think?

What if there was a way for you to have a tough conversation with your spouse, your colleague, your family or friend that left you feeling more connected, more loving, more appreciative and more grateful?

What if this system worked each and every time?

Well you've come to the right place.

During this 75 minute conversation, you will:

- understand the nature of a "hard" conversation;
- identify what stops you from having them;
- develop strategies to have them go successfully and,
- make it easier on someone else who is having a difficult conversation with you (even if you don't want to).

Effortless Networking: Do I Have To Go?

We all have to do it.

Go to the event after work and meet new people.

But do we enjoy it?

Jen Coken is an “extroverted introvert” who dreads the thought of making small talk or inevitably having to answer the question “what do you do for a living?”

Jen will share her journey, insights and the tools that she has created to make networking (gulp) fun!

During this 60-minute workshop, you will:

- transform your context for networking;
- receive two important questions you can ask to find “gold” at your next event and;
- leave with some new confidants, collaborators and partners in crime.