Seminars, Workshops, & Keynotes

GILD Coaching specializes in empowering individuals, teams, and organizations to reach their full potential. With a diverse team of experts ranging from certified psychotherapists and trauma counselors to strategic planning teams and holistic healing practitioners, we offer a comprehensive array of services tailored to meet your specific needs.

In this catalog, we present a glimpse of the speaking, seminar, and workshop topics available to you either in-person, virtually, or our hybrid presentation (in-person and virtual, simultaneously). We also craft custom content and new topics on request. These topics are meticulously crafted to foster growth, development, and transformation in both personal and professional realms. Whether you're seeking one-to-one coaching, team-building workshops, or keynote presentations, we have the expertise to guide you toward success.

Our commitment to excellence extends beyond the topics listed here. We invite you to engage with us in a complimentary consultation, where we can explore new topic development, address specific requests, and customize our offerings to align perfectly with your goals and aspirations.

Discover the power of partnership with GILD Coaching. Schedule your consultation today at https://GILDCoaching.as.me/CorpCoaching and embark on a journey of empowerment, growth, and unparalleled success.

Topic Categories

1. Communication Skills
2. Ethics & People
3. Leadership Development
4. Mindfulness and Wellness
5. Risk & Fraud
6. Strategy, Economy, & Accounting
7. Time Management and Personal Development
8. Workplace Dynamics and Culture

Course Listing by Category

Communication Skills (detailed descriptions on pages 4 - 8)

- Clear and Confident: Techniques for Assertive Communication
- Conflict to Collaboration: Communicating Effectively in Challenging Situations
- Speak with Impact: Advanced Strategies for Effective Communication
- Storytelling for Success: Crafting Compelling Narratives in Business
- The Art of Asking Powerful Questions
- The Art of Connection: Mastering Effective Communication Skills
- The Art of Feedback: Giving and Receiving Constructive Criticism
- The Art of Influence: Mastering Communication and Persuasion in Leadership

Ethics & People (detailed descriptions on pages 8-12)

- Are Employees Assets? : Understanding Your Workforce and Future
- Reinvigorating Your Personal Brand & Career
- Strategy Begins with Employees and Succeeds with Execution
- The Employee Life Cycle: Improving What We Do Poorly
- The Power of Storytelling in Communication
- Understanding Personalities: Managing Across Demographic Lines of All Types
- Understanding the "Why" of Ethics
- Understanding Yourself and Others

Leadership Development (detailed descriptions on pages 12-16)

- Becoming an Intuitive Leader
- Empower and Elevate: Transformative Leadership Skills for Today's Leaders
- From Manager to Leader: Developing Essential Leadership Qualities
- Future-Ready Leadership: Preparing for the Challenges of Tomorrow
- Innovative Leadership: Cultivating Creativity and Strategic Thinking
- Leadership by Example: Building Trust and Integrity in Your Team
- Leading with Empathy and Resilience

Mindfulness and Wellness (detailed descriptions on pages 16-19)

- Energy and Efficiency: Harnessing Holistic Practices for Peak Productivity
- Harnessing the Power of Mindfulness for Personal & Professional Excellence
- Holistic Wellness: Integrating Mind, Body, and Spirit for Professional Success
- Mindful Leadership: Cultivating Awareness and Compassion in the Workplace

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- Revitalize & Thrive: Integrating Yoga, Breath-Work, & Mindfulness for Professional Success

Risk & Fraud (detailed descriptions on pages 19-22)
- Does Everyone Lie?
- Fraud 101: Basics For Young Professionals
- Fraud Prevention & Detection
- Our Role in Crisis Management
- Understanding Real Risk and Mitigating It

Strategy, Economy, & Accounting (detailed descriptions on pages 22-25)
- A Big Picture Approach to Economic & Demographic Concerns
- Balance Sheets: Common Sense Approach To Issues
- Big Ticket Items that Cause Problems for CFOs
- Bridging the Gap Between Development & Finance
- Budgets for Everyone
- Nonprofit Grant Accounting: Cost Allocations and Indirect
- Nonprofit Strategy and Sustainability
- Nonprofit: Mission vs. Sustainability Balance for Coexistence
- Numbers Rule the World But Don't Speak The Words
- Presenting Numbers to a World Non-Numbers People
- Strategic Planning to Execution Success
- Strategic Workforce Planning
- Understanding Basics of Blockchain & Crypto
- Understanding the Strategy of Campaigns
- Why CFOs Should Be Integral To Your Strategic Planning Process

Time Management & Personal Development (details are on pages 25-28)
- 5 Keys to Creating Balance and Winning at Work
- 5 Ways to Overcome Negativity and Live a Positive Life
- Accepting Perfectionists: Understanding, Appreciating, & Adapting
- Ethical Happiness: How Your Well-Being Shapes Personal and Professional Success
- How to Build Resilience
- The Benefits of Being a Lifelong Learner

Workplace Dynamics and Culture (detailed descriptions on pages 28-31)
- Creating a Positive Corporate Culture
- Empowering Employees Amid Changing Culture
- Navigating Generational Dynamics in the Workplace
- Psychos in the Office: Working with Challenging Personalities
- 5 Management Superpowers

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The following includes basic overviews of our topics, by category. Please keep in mind everything is customized for you, your organization, team, or event:

COMMUNICATION SKILLS

Effective communication is the cornerstone of success in both personal and professional endeavors. In this category, we offer a variety of courses designed to enhance communication skills at every level of your organization. From assertive communication techniques to advanced strategies for impactful storytelling, our courses provide practical tools and insights to help individuals and teams communicate with clarity, confidence, and influence.

1. *Clear and Confident: Techniques for Assertive Communication*
   - Course Type:
     Seminar (2-hours)
     Workshop (2-4 hours)
     Keynote (90 minutes)
   - Overview:
     This workshop equips participants with the essential skills to communicate assertively, fostering confidence and clarity in professional interactions. Through practical exercises and role-playing scenarios, attendees learn to express their thoughts and needs effectively while respecting others' perspectives.
   - Topics Discussed:
     Assertiveness vs. aggressiveness
     Effective body language
     Assertive speech patterns
     Overcoming communication barriers
   - Recommended Attendees:
     Professionals seeking to enhance their communication skills and boost their confidence in various workplace interactions.
   - Customizability:
     All aspects of the presentation can be tailored to fit specific organizational needs and participant requirements.

2. Conflict to Collaboration: Communicating Effectively in Challenging Situations
   - Course Type:
     Seminar (2 Hours)
     Workshop (3-4 Hours)
     Keynote (60-90 Minutes)
   - Overview:
     This seminar delves into strategies for transforming conflicts into opportunities for collaboration and growth. Participants learn effective

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communication techniques to navigate challenging situations, resolve conflicts constructively, and foster positive working relationships.
- Topics Discussed:
  Understanding conflict dynamics
  Active listening
  Negotiation tactics
  Building consensus.
- Recommended Attendees:
  Managers, team leaders, and professionals involved in conflict resolution or team management roles
  Aspiring managers
- Customizability:
  The content can be customized to address specific conflict scenarios or organizational challenges.

3. *Speak with Impact: Advanced Strategies for Effective Communication*
- Course Type:
  Seminar (2-3 Hours)
  Keynote (60 Minutes)
- Overview:
  This keynote presentation provides advanced insights and strategies for enhancing communication effectiveness in various professional contexts. Attendees gain practical tips for delivering powerful presentations, influencing stakeholders, and making lasting impressions.
- Topics Discussed:
  Persuasive communication techniques
  Vocal modulation
  Storytelling in presentations
  Body language
  Handling Q&A sessions
- Recommended Attendees:
  Experienced professionals aiming to refine their communication skills and elevate their impact in presentations or public speaking engagements.
- Customizability:
  The seminar and keynote content can be tailored to address specific communication challenges or audience preferences.

4. *Storytelling for Success: Crafting Compelling Narratives in Business*
- Course Type:
  Seminar (2 or 4 hours)
  Workshop (1/2 or Full Day)
- Overview:
  In this immersive workshop, participants learn the art of storytelling as a powerful tool for engaging audiences, inspiring action, and driving

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business success. Through interactive exercises and storytelling frameworks, attendees develop the skills to craft compelling narratives that resonate with stakeholders.

- Topics Discussed:
  Elements of storytelling
  Story structure
  Emotional storytelling
  Incorporating narratives into business communications
  Incorporating narratives into your everyday communication for effectiveness
- Recommended Attendees:
  Every professional can benefit from this course including marketing professionals, sales teams, business leaders, and anyone interested in leveraging storytelling for persuasive communication.
- Customizability:
  The seminar or workshop will be customized to focus on specific storytelling applications relevant to participants' industries or organizational goals.

5. *The Art of Asking Powerful Questions*
   - Course Type:
     Seminar (2 Hours)
     Workshop (4 Hours)
     Keynote (60-90 Minutes)
   - Overview:
     This seminar explores the strategic use of questions to facilitate deeper understanding, promote critical thinking, and drive meaningful conversations. Participants learn techniques for framing questions effectively, fostering curiosity, and eliciting valuable insights.
   - Topics Discussed:
     Types of questions
     Questioning frameworks
     Active listening
     Probing for clarity
     One key strength for success
   - Recommended Attendees:
     Managers, consultants, team facilitators, and individuals interested in enhancing their questioning skills for better decision-making and problem-solving.
   - Customizability:
     The seminar & workshop formats allow for extensive customization based on participants' specific roles, industry contexts, or areas of interest.
     The keynote format allows for customization based on your industry and goals of the presentation.

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6. *The Art of Connection: Mastering Effective Communication Skills*
   - Course Type:
     Seminar (2 Hours)
     Workshop (4 Hours)
   - Overview:
     This workshop focuses on building strong interpersonal connections through effective communication strategies. Participants learn to foster empathy, build rapport, and cultivate trust in professional relationships, leading to enhanced collaboration and productivity.
   - Topics Discussed:
     Active listening
     Nonverbal communication
     Empathy-building techniques
     Conflict resolution strategies.
   - Recommended Attendees:
     Professionals at all levels seeking to improve their interpersonal communication skills and strengthen workplace relationships.
   - Customizability:
     The seminar & workshop content can be customized to address specific communication challenges or team dynamics within an organization.

7. *The Art of Feedback: Giving and Receiving Constructive Criticism*
   - Course Type:
     Seminar (2 Hours)
     Workshop (4 Hours)
     Keynote (60 Minutes)
   - Overview:
     This seminar provides practical guidance on delivering and receiving feedback effectively to foster professional growth and development. Participants learn constructive feedback techniques, active listening skills, and strategies for creating a culture of continuous improvement.
   - Topics Discussed:
     Feedback models
     Feedback delivery techniques
     Receiving feedback gracefully
     Fostering a feedback-rich environment
   - Recommended Attendees:
     Managers, team leaders, HR professionals, and anyone involved in performance management or mentorship roles.
   - Customizability:
     The seminar can be tailored to address specific feedback challenges within an organization or industry context.

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8. *The Art of Influence: Mastering Communication and Persuasion in Leadership*
   - Course Type:
     Interactive Seminar (2-3 hours)
     Keynote (60-90 minutes)
   - Overview:
     This keynote presentation explores the principles of persuasive communication and influence, empowering leaders to inspire action, drive change, and achieve organizational goals. Attendees learn key strategies for building credibility, gaining buy-in, and leading with influence.
   - Topics Discussed:
     Persuasion techniques
     Ethical influence
     Building trust
     Leading change.
   - Recommended Attendees:
     Executives, senior managers, and leaders seeking to enhance their influence and communication effectiveness in leadership roles.
   - Customizability:
     The keynote & seminar content can be customized to address specific leadership challenges or organizational objectives.

ETHICS & PEOPLE

Upholding ethical standards and understanding the dynamics of human behavior are essential for building trust, fostering positive relationships, and creating a culture of integrity within your organization. Our Ethics & People category offers courses that explore ethical decision-making, navigating workplace dynamics, and cultivating inclusive and respectful environments where everyone can thrive.

1. Are Employees Assets?: Understanding Your Workforce and Future
   - Course Type:
     Seminar (2 hours)
   - Overview:
     This seminar delves into the strategic perspective of viewing employees as valuable assets to an organization. Participants explore the evolving role of workforce management in achieving business objectives, understanding future workforce trends, and maximizing the potential of human capital.
   - Topics Discussed:
     Human capital management

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Workforce analytics
Talent acquisition
Retention strategies
Future of work trends

- Recommended Attendees:
  HR professionals, business leaders, and managers responsible for workforce planning and development.
- Customizability:
  The seminar content can be tailored to address specific workforce challenges or industry dynamics.

2. Reinvigorating Your Personal Brand & Career
- Course Type:
  Seminar (2 Hours)
  Workshop (4 Hours)
- Overview:
  This workshop empowers participants to redefine and strengthen their personal brand for career advancement and professional success. Through self-assessment exercises, goal setting, and personal branding strategies, attendees learn to showcase their unique value proposition and achieve their career aspirations.
- Topics Discussed:
  Personal branding fundamentals
  Online presence optimization
  Networking strategies
  Career planning
  Goal setting
- Recommended Attendees:
  Professionals at all career stages seeking to revitalize their personal brand and accelerate their career growth.
- Customizability:
  The workshop can be customized to address specific career development goals or industry-specific branding challenges.

3. Strategy Begins with Employees and Succeeds with Execution
- Course Type:
  Seminar (2 Hours)
  Keynote (1 Hour)
- Overview:
  This keynote presentation highlights the critical role of employees in strategy formulation and execution. Attendees gain insights into aligning organizational strategy with employee engagement, empowerment, and accountability to drive successful business outcomes.
- Topics Discussed:

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Strategic alignment
Employee engagement
Execution excellence
Performance management

- Recommended Attendees:
  Executives, senior leaders, and strategy practitioners seeking to enhance organizational performance through effective strategy implementation and employee engagement.
- Customizability:
  The presentation content can be customized to address specific strategic challenges or organizational priorities.

4. The Employee Life Cycle: Improving What We Do Poorly
   - Course Type:
     Seminar (2 Hours)
     Workshop (4 Hours)
     Keynote (1 Hour)
   - Overview:
     This workshop provides a comprehensive exploration of the employee life cycle, from recruitment to offboarding, with a focus on identifying and improving ineffective practices. Participants learn best practices for each stage of the employee journey to enhance engagement, retention, and overall organizational performance.
   - Topics Discussed:
     Recruitment strategies
     Onboarding experiences
     Performance management
     Employee development
     Exit interviews
   - Recommended Attendees:
     HR professionals, talent managers, and organizational leaders responsible for optimizing the employee experience.
   - Customizability:
     The presentation content can be tailored to address specific challenges or gaps identified within an organization's employee life cycle processes.

5. The Power of Storytelling in Communication
   - Course Type:
     Seminar (2 Hours)
     Workshop (1/2 Day or Full Day)
     Keynote (1 Hour)
   - Overview:
     This seminar explores the transformative power of storytelling in effective communication. Participants learn to harness storytelling techniques to

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convey complex ideas, inspire action, and foster deeper connections with audiences across various communication channels.

- Topics Discussed:
  Story structure
  Narrative techniques
  Storytelling in presentations and marketing
  Crafting compelling messages
- Recommended Attendees:
  Communication professionals, marketers, sales teams, and leaders seeking to enhance their communication impact through storytelling.
- Customizability:
  The seminar can be customized to focus on storytelling applications relevant to participants' specific roles or communication objectives.

6. Understanding Personalities: Managing Across Demographic Lines of All Types
   - Course Type:
     Seminar (2 Hours, 4 Hours)
     Workshop (4 Hours)
     Keynote (1 Hour)
   - Overview:
     This workshop equips participants with valuable insights and strategies for effectively managing diverse personalities across demographic lines. Through personality assessments, case studies, and interactive discussions, attendees learn to leverage individual differences to foster collaboration, innovation, and inclusive teamwork.
   - Topics Discussed:
     Personality theories & practices
     Cross-generational management
     Diversity and inclusion
     Communication styles
     Conflict resolution strategies
   - Recommended Attendees:
     Managers, team leaders, HR professionals, and anyone involved in fostering diversity and managing diverse teams.
   - Customizability:
     The presentation content will be tailored to address specific diversity and inclusion challenges or organizational demographics.

7. Understanding the “Why” of Ethics
   - Course Type:
     Seminar (2 Hours)
   - Overview:
     This seminar delves into the foundational principles of ethical decision-making and the importance of understanding the underlying motivations

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behind ethical behavior. Participants explore ethical dilemmas, ethical frameworks, and practical strategies for promoting ethical conduct within organizations.
- Topics Discussed:
  Ethical theories
  Ethical decision-making models
  Organizational culture and ethics
  Ethical leadership
- Recommended Attendees:
  Leaders, managers, and professionals seeking to enhance their ethical awareness and promote ethical behavior within their organizations.
- Customizability:
  The seminar can be customized to address specific ethical challenges or industry-specific ethical considerations.

8. Understanding Yourself and Others
- Course Type:
  Seminar (2 Hours)
  Workshop (4 Hours)
- Overview:
  This interactive workshop focuses on self-awareness and interpersonal dynamics to foster personal and professional growth. Participants engage in self-reflection exercises, personality assessments, and group activities to gain deeper insights into their own strengths, weaknesses, and communication preferences, as well as those of others.
- Topics Discussed:
  Self-awareness
  Emotional intelligence
  Interpersonal communication
  Building effective relationships
- Recommended Attendees:
  Individuals at all levels seeking personal development and enhanced interpersonal skills.
- Customizability:
  The workshop can be tailored to address specific development areas or team dynamics identified by participants.

LEADERSHIP DEVELOPMENT

Effective leadership is key to driving organizational success and inspiring teams to achieve their full potential. In this category, we offer courses designed to develop essential leadership qualities, foster innovation, and navigate the complexities of modern leadership roles. Whether you're a new manager or an

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experienced executive, our leadership development courses provide the skills and insights needed to lead with confidence and impact.

1. Becoming an Intuitive Leader
   - Course Type:
     Seminar (2 Hours)
     Workshop (4 Hours)
     Keynote (1 Hour, also 1.5 Hours)
   - Overview:
     This seminar explores the concept of intuitive leadership, empowering participants to harness their intuition to make effective decisions and inspire others. Through experiential exercises and case studies, attendees learn to cultivate their intuition, enhance their leadership presence, and navigate complex challenges with confidence.
   - Topics Discussed:
     Intuitive decision-making
     Mindfulness practices
     Leadership presence
     Fostering intuition in teams
   - Recommended Attendees:
     Leaders, managers, and professionals seeking to develop their intuitive leadership capabilities and enhance their decision-making effectiveness.
   - Customizability:
     The seminar content can be customized to address specific leadership contexts or organizational challenges.

2. Empower and Elevate: Transformative Leadership Skills for Today's Leaders
   - Course Type:
     Seminar (2 Hours)
   - Overview:
     This immersive workshop equips participants with transformative leadership skills to drive organizational success in today's dynamic business landscape. Through interactive exercises, role-playing scenarios, and leadership simulations, attendees learn to inspire and empower their teams, foster innovation, and lead with agility.
   - Topics Discussed:
     Transformational leadership
     Change management
     Fostering a culture of innovation
     Adaptive leadership
   - Recommended Attendees:
     Current and aspiring leaders who aim to enhance their leadership effectiveness and drive positive change within their organizations.

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- Customizability:
    The seminar can be customized to focus on specific leadership competencies or organizational objectives.

3. From Manager to Leader: Developing Essential Leadership Qualities
- Course Type:
    Seminar (2 Hours)
    Keynote (1 Hour)
- Overview:
    This seminar focuses on the transition from a managerial role to a leadership position, emphasizing the development of essential leadership qualities. Participants explore key leadership competencies such as communication, decision-making, delegation, and team building to effectively lead and inspire others.
- Topics Discussed:
    Leadership vs. management
    Leadership styles
    Communication strategies
    Delegation techniques
- Recommended Attendees:
    Managers transitioning into leadership roles, emerging leaders, and professionals seeking to enhance their leadership capabilities.
- Customizability:
    The seminar content can be customized to address specific challenges or skill gaps encountered during the transition from manager to leader.

4. Future-Ready Leadership: Preparing for the Challenges of Tomorrow
- Course Type:
    Seminar (2 Hours)
    Keynote (1 Hour)
- Overview:
    This presentation explores the evolving landscape of leadership in an era of rapid technological advancements and global complexities. Attendees gain insights into future trends, emerging leadership paradigms, and strategies for leading organizations through uncertainty and change.
- Topics Discussed:
    Future trends in leadership
    Digital transformation
    Agile leadership
    Preparing for disruption
- Recommended Attendees:
    Executives, senior leaders, and forward-thinking professionals interested in staying ahead of the curve and preparing for future leadership challenges.

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- Customizability:
  The presentation content can be customized to address specific industry trends or organizational contexts.

5. Innovative Leadership: Cultivating Creativity and Strategic Thinking
- Course Type:
  Seminar (2 Hours)
  Keynote (1 Hour)
- Overview:
  This hands-on workshop focuses on cultivating innovative leadership skills to drive creativity, problem-solving, and strategic thinking within teams and organizations. Participants learn techniques for fostering a culture of innovation, generating and evaluating creative ideas, and translating innovation into actionable strategies.
- Topics Discussed:
  Innovation frameworks
  Creative problem-solving
  Design thinking
  Strategic innovation
- Recommended Attendees:
  Leaders, managers, and professionals seeking to foster innovation and drive organizational growth through creative leadership.
- Customizability:
  The materials will be customized to address specific innovation challenges or industry-specific innovation opportunities.

6. Leadership by Example: Building Trust and Integrity in Your Team
- Course Type:
  Seminar (2 Hours)
- Overview:
  This seminar emphasizes the importance of leading by example and building trust and integrity within teams. Participants explore practical strategies for demonstrating ethical leadership, fostering transparency, and creating a culture of trust and accountability.
- Topics Discussed:
  Ethical leadership
  Trust-building behaviors
  Integrity in decision-making
  Accountability frameworks
- Recommended Attendees:
  Leaders, managers, and team members interested in fostering trust, integrity, and ethical conduct within their teams or organizations.
- Customizability:

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The seminar content can be customized to address specific trust-related challenges or organizational values.

7. Leading with Empathy and Resilience
- Course Type:
  Seminar (2 Hours)
  Workshop (Half or Full Day)
- Overview:
  This interactive workshop focuses on developing empathy and resilience as core leadership competencies. Participants learn to understand and empathize with the perspectives and experiences of others, while also building resilience to navigate challenges and setbacks effectively.
- Topics Discussed:
  Empathy in leadership
  Emotional intelligence
  Stress management techniques
  Building resilience
- Recommended Attendees:
  Leaders, managers, and professionals seeking to enhance their leadership effectiveness by cultivating empathy and resilience.
- Customizability:
  The seminar and workshop can be tailored to address specific leadership contexts or organizational challenges related to empathy and resilience.

MINDFULNESS AND WELLNESS

In today's fast-paced and demanding work environments, prioritizing well-being and mindfulness is essential for sustaining high performance and resilience. Our Mindfulness and Wellness category offers courses that explore techniques for managing stress, promoting work-life balance, and cultivating a positive mindset. Discover how mindfulness practices can enhance your overall well-being and empower you to thrive both personally and professionally.

1. Energy and Efficiency: Harnessing Holistic Practices for Peak Productivity
- Course Type:
  Seminar (2 Hours, 4 Hours)
  Workshop (Half Day/4 Hours, Full Day/8 Hours)
- Overview:
  This workshop explores holistic practices and techniques for optimizing energy levels and enhancing productivity in both personal and professional life. Participants learn mindfulness techniques, time

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management strategies, and stress-reduction methods to achieve peak performance and sustainable success.

- Topics Discussed:
  Energy management
  Mindfulness in action
  Unique time management skills
  Stress reduction practices
- Recommended Attendees:
  Professionals seeking to enhance their productivity, manage stress, and achieve work-life balance through holistic approaches.
- Customizability:
  This content can be customized to address specific productivity challenges or individual needs.

2. Harnessing the Power of Mindfulness for Personal & Professional Excellence
   - Course Type:
     Seminar (2 Hours)
   - Overview:
     This seminar introduces participants to the principles and practices of mindfulness and its applications for personal and professional growth. Through experiential exercises and guided mindfulness practices, attendees learn to cultivate present-moment awareness, enhance focus, and reduce stress for greater excellence in all areas of life.
   - Topics Discussed:
     Mindfulness fundamentals
     Mindfulness in daily life
     Stress reduction techniques
     Mindfulness-based self-care
   - Recommended Attendees:
     Professionals at all levels interested in integrating mindfulness practices into their personal and professional lives for enhanced well-being and performance.
   - Customizability:
     The seminar can be customized to focus on specific applications of mindfulness relevant to participants' professions or goals.

3. Holistic Wellness: Integrating Mind, Body, and Spirit for Professional Success
   - Course Type:
     Seminar (2 Hours)
     Workshop (4 Hours)
   - Overview:
     This course explores the interconnectedness of mind, body, and spirit and its impact on professional success and fulfillment. Participants learn about, and can engage in holistic practices such as meditation, movement, and

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reflective exercises to promote overall well-being and resilience in the workplace.

- Topics Discussed:
  Holistic wellness principles
  Mindfulness practices
  Physical wellness strategies
  Emotional resilience.
- Recommended Attendees:
  Professionals seeking a comprehensive approach to wellness and success that integrates mind, body, and spirit.
- Customizability:
  This content will be tailored to address specific wellness goals or organizational wellness initiatives.

4. Mindful Leadership: Cultivating Awareness and Compassion in the Workplace

- Course Type:
  Seminar (2 Hours)
  Workshop (4 Hours or Full 8 Hour Day)
- Overview:
  This seminar (optional workshop) focuses on the principles of mindful leadership, emphasizing the cultivation of awareness, presence, and compassion in the workplace. Participants learn to apply mindfulness practices to leadership roles, fostering better decision-making, communication, and team collaboration.
- Topics Discussed:
  Mindful leadership principles
  Leading with compassion, emotional intelligence, fostering a mindful organizational culture.
- Recommended Attendees:
  Leaders, managers, and anyone in a leadership role interested in enhancing their effectiveness and well-being through mindful leadership practices.
- Customizability:
  The seminar/workshop content can be customized to address specific leadership challenges or organizational objectives related to mindfulness and leadership.

5. Revitalize & Thrive: Integrating Yoga, Breath-Work, & Mindfulness for Professional Success

- Course Type:
  Workshop (2 Hours, 4 Hours)
- Overview: This immersive workshop combines yoga, breath-work, and mindfulness practices to promote holistic well-being and professional success. The longer choice (4 Hours) will have more extensive sessions and interactive

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elements. Participants engage in yoga sessions, breath-work exercises, and mindfulness meditation to rejuvenate their mind, body, and spirit, fostering resilience and vitality for peak performance. The level of physical exertion requires some mobility, but even wheelchair-bound participants will be able to benefit from this course.

- Topics Discussed:
  Yoga asanas (poses)
  Pranayama (breath-work
  Mindfulness meditation
  Stress reduction techniques
- Recommended Attendees:
  Professionals seeking to integrate holistic practices into their daily routine for enhanced well-being and professional success.
- Customizability:
  The workshop can be customized to accommodate various levels of physical ability, experience with yoga and mindfulness practices, as well as specific wellness goals or preferences.

RISK & FRAUD

Managing risk and preventing fraud are critical responsibilities for organizations across industries. In this category, we offer courses that provide practical strategies for identifying, assessing, and mitigating risks, as well as detecting and preventing fraudulent activities. Whether you're looking to strengthen internal controls, enhance fraud awareness, or develop robust risk management frameworks, our courses offer actionable insights to protect your organization's assets and reputation.

1. Does Everyone Lie?
   - Course Type:
     Seminar (2 Hours)
   - Overview:
     This seminar explores the ethical dimensions of truthfulness and honesty in professional contexts. Participants examine common ethical dilemmas related to honesty and integrity, learn to recognize deceptive practices, and explore strategies for fostering a culture of honesty and accountability within organizations.
   - Topics Discussed:
     Ethical decision-making
     Honesty in professional relationships
     Recognizing and addressing deception
     Fostering ethical cultures

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- Recommended Attendees:
  Professionals at all levels interested in understanding the complexities of honesty and integrity in the workplace.
- Customizability:
  The seminar content can be customized to address specific ethical challenges or organizational values related to honesty and integrity.

2. Fraud 101: Basics For Young Professionals
- Course Type:
  Seminar (2 Hours)
- Overview:
  This workshop provides young professionals with essential knowledge and skills to recognize, prevent, and respond to fraud in the workplace. Through case studies, interactive discussions, and practical exercises, participants learn about common fraud schemes, red flags, and best practices for fraud prevention.
- Topics Discussed:
  Types of fraud
  Red flags of fraud
  Fraud prevention techniques
  Reporting and response protocols
- Recommended Attendees:
  Entry-level professionals, recent graduates, and early-career professionals interested in fraud prevention and ethical conduct in the workplace.
- Customizability:
  The seminar content is semi-customizable for your industry-specific fraud risks and organizational needs. Some content is standard according to legal requirements where applicable.

3. Fraud Prevention & Detection
- Course Type:
  Seminar (2 Hours)
- Overview:
  This seminar focuses on practical strategies for preventing and detecting fraud within organizations. Participants learn about internal controls, risk assessment methodologies, and fraud detection techniques to safeguard assets and mitigate fraud risks effectively.
- Topics Discussed:
  Fraud risk assessment
  Internal control
  Fraud detection methods
  Whistleblower programs
- Recommended Attendees:

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Managers, internal auditors, risk management professionals, and anyone responsible for fraud prevention and detection within organizations.

- Customizability:
  The seminar content can be customized to address specific fraud risks or organizational vulnerabilities.

4. Our Role in Crisis Management *(for accountants, specifically)*
   - Course Type:
     Seminar
   - Overview:
     This workshop equips participants with the knowledge and skills to effectively manage crises and mitigate their impact on organizations. Through case studies, simulations, and crisis management frameworks, attendees learn to identify potential crises, develop response plans, and lead crisis response efforts with confidence and resilience.
   - Topics Discussed:
     Crisis identification and assessment
     Crisis communication
     Decision-making under pressure
     Post-crisis recovery
   - Recommended Attendees:
     Accounting & financial managers, executives, and crisis response teams responsible for managing crises and maintaining business continuity.
   - Customizability:
     The content is customized specifically for the financial sector. It can be further customized for your organization's needs.

5. Understanding Real Risk and Mitigating It
   - Course Type:
     Seminar (2 Hours)
   - Overview:
     This seminar provides participants with a comprehensive understanding of risk management principles and techniques to identify, assess, and mitigate risks effectively. Through case studies and practical exercises, attendees learn to evaluate risk exposure, implement risk mitigation strategies, and optimize risk-reward trade-offs.
   - Topics Discussed:
     Risk identification
     Risk assessment methodologies
     Risk mitigation strategies
     Risk management frameworks.
   - Recommended Attendees:

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All management professionals including: risk managers, project managers, business leaders, financial leaders, accountants, and professionals involved in risk assessment and management processes.

- Customizability:
  The seminar content can be tailored to address specific industry-specific risks or organizational risk management practices.

STRATEGY, ECONOMY & ACCOUNTING

Staying abreast of economic trends, financial principles, and strategic planning is essential for making informed business decisions and driving sustainable growth. Our Strategy, Economy, & Accounting category offers courses that delve into strategic planning, financial analysis, and economic principles to help organizations navigate today's dynamic business landscape with confidence and foresight.

1. A Big Picture Approach to Economic & Demographic Concerns
   - Course Type:
     Seminar (2 Hours)
   - Overview:
     This seminar provides participants with a comprehensive understanding of economic and demographic trends and their implications for businesses and society.
     Through data analysis, case studies, and interactive discussions, attendees gain insights into key economic indicators, demographic shifts, and their impact on decision-making and strategic planning.
   - Topics Discussed:
     Economic indicators
     Demographic trends
     Macroeconomic analysis
     Implications for businesses and communities
   - Recommended Attendees:
     Business leaders, policymakers, economists, and professionals interested in understanding and navigating economic and demographic challenges
   - Customizability:
     The seminar content can be customized to focus on specific economic or demographic concerns relevant to participants' industries or regions.

2. Balance Sheets: Common Sense Approach To Issues
   - Course Type:
     Seminar (2 Hours)
   - Overview:

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This workshop offers a practical approach to understanding and analyzing balance sheets, empowering participants to identify financial strengths and weaknesses and make informed decisions. Through case studies and hands-on exercises, attendees learn to interpret balance sheet components, assess financial health, and address common balance sheet issues.

- Topics Discussed:
  Balance sheet fundamentals
  Asset and liability analysis
  Financial ratios
  Addressing balance sheet challenge
- Recommended Attendees:
  Finance professionals, business owners, managers, and anyone involved in financial analysis and decision-making.
- Customizability:
  The seminar content can be customized to focus on specific balance sheet issues or industry-specific challenges.

3. Big Ticket Items that Cause Problems for CFOs
- Course Type:
  Seminar (2 Hours)
- Overview:
  This seminar explores common challenges and complexities associated with managing big-ticket items from a CFO perspective. Participants learn strategies for effectively budgeting, financing, and managing large-scale capital expenditures to optimize financial performance and mitigate risks.
- Topics Discussed:
  Capital budgeting
  Financing options
  Risk management
  Cost control strategies for big-ticket items
- Recommended Attendees:
  CFOs, finance executives, and financial managers responsible for managing capital expenditures and investments.
- Customizability:
  The seminar can be customized to address specific big-ticket items or industry-specific challenges faced by participants.

4. Bridging the Gap Between Development & Finance
- Course Type:
  Seminar (2 Hours)
  Workshop (4 Hours)
- Overview:

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This workshop focuses on fostering collaboration and alignment between development and finance teams within organizations. Participants learn effective communication strategies, financial literacy skills, and collaborative approaches to bridge the gap between fundraising goals and financial stewardship, ultimately enhancing organizational effectiveness and sustainability.

- Topics Discussed:
  Understanding development goals & language
  Financial literacy for non-finance professionals
  Communication skills for success
  Alignment of development and finance strategies
  Fostering collaboration
- Recommended Attendees:
  Development professionals, finance staff, nonprofit leaders, and anyone involved in fundraising and financial management.
- Customizability:
  The content can be tailored to address specific challenges or opportunities for collaboration between development and finance teams.

5. Budgets for Everyone
   - Course Type:
     Seminar (2 Hours)
   - Overview:
     This seminar demystifies the budgeting process and empowers participants with the knowledge and skills to develop and manage budgets effectively. Through practical examples and interactive exercises, attendees learn budgeting fundamentals, budget preparation techniques, and budget monitoring strategies applicable to various organizational contexts.
   - Topics Discussed:
     Budgeting basics
     Budget development process
     Budget monitoring and variance analysis
     Aligning budgets with strategic goals
   - Recommended Attendees:
     Managers, department heads, project leads, and anyone involved in budget development and management.
   - Customizability:
     The seminar content can be customized to address specific budgeting challenges or industry-specific budgeting practices.

6. Nonprofit Grant Accounting: Cost Allocations and Indirect Rates
   - Course Type:

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Seminar (2 Hours)

- Overview:
  This workshop focuses on nonprofit grant accounting principles and practices, with a specific emphasis on cost allocations and indirect rates. Participants learn to navigate grant accounting requirements, allocate costs appropriately, and calculate indirect rates to ensure compliance and maximize funding utilization.
- Topics Discussed:
  Grant accounting regulations
  Cost allocation methodologies
  Indirect cost rate calculation
  Compliance requirements
- Recommended Attendees:
  Nonprofit finance staff, grant managers, program directors, and anyone involved in nonprofit grant management and accounting.
- Customizability:
  The content can be tailored to address specific grant accounting challenges or funding agency requirements.

TIME MANAGEMENT & PERSONAL DEVELOPMENT

Effective time management and continuous personal development are key components of individual and organizational success. Our Time Management and Personal Development category offers courses that provide practical tools and techniques for maximizing productivity, enhancing focus, and achieving personal and professional goals. Explore strategies for managing your time effectively and investing in your ongoing growth and development.

1. 5 Keys to Creating Balance and Winning at Work
   - Course Type:
     Seminar (2 Hours)
     Workshop (4 Hours)
   - Overview:
     This seminar explores strategies for achieving work-life balance and maximizing success in both personal and professional domains. Participants learn practical techniques for time management, prioritization, boundary setting, and stress reduction to enhance well-being and productivity.
   - Topics Discussed:
     Work-life balance strategies
     Time management techniques
     Stress management

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Setting boundaries
- Recommended Attendees:
  Professionals seeking to create harmony between work and personal life while maximizing performance and satisfaction.
- Customizability:
  The seminar content can be customized to address specific challenges or preferences related to work-life balance.

2. 5 Ways to Overcome Negativity and Live a Positive Life
- Course Type:
  Keynote, variation of topic (1 Hour)
  Seminar (2 Hours)
- Overview:
  This workshop focuses on cultivating a positive mindset and overcoming negativity in personal and professional life. Participants learn evidence-based strategies for building resilience, reframing negative thoughts, and fostering optimism to promote overall well-being and success.
- Topics Discussed:
  Positive psychology principles
  Resilience-building techniques
  Reframing negativity
  Embracing flexibility
  Fostering optimism
- Recommended Attendees:
  Individuals seeking to overcome negativity and cultivate a more positive outlook on life and work.
- Customizability:
  The keynote and seminar content can be tailored to address specific sources of negativity or challenges faced by participants.

3. Accepting Perfectionists: Understanding, Appreciating, & Adapting
- Course Type:
  Seminar (2 Hours)
- Overview:
  This seminar explores the traits and tendencies of perfectionism, offering insights into understanding, appreciating, and adapting to perfectionistic behaviors. Participants learn strategies for managing perfectionism, promoting healthy striving, and fostering self-compassion and resilience.
- Topics Discussed:
  Perfectionism traits
  Impact on personal and professional life
  Managing perfectionistic tendencies of self
  Managing perfectionistic tendencies of others
  Fostering self-compassion

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- Recommended Attendees:
  Individuals struggling with perfectionism, managers, and colleagues seeking to understand and support perfectionistic peers or team members.
- Customizability:
  The seminar content can be customized to address specific challenges or concerns related to perfectionism in different contexts.

4. Ethical Happiness: How Well-Being Shapes Personal & Professional Success
- Course Type:
  Keynote (1 Hour)
  Seminar (2 Hours)
  Workshop (4 Hours)
- Overview:
  This seminar explores the intersection of ethics and happiness, emphasizing how well-being contributes to personal and professional success. Participants examine ethical principles that underpin happiness, explore practices for enhancing well-being, and discuss the role of ethical behavior in fostering positive outcomes.
- Topics Discussed:
  Ethics and well-being
  Happiness principles
  Ethical decision-making
  Psychological theory & research-backed practices
  Creating a culture of well-being
- Recommended Attendees:
  Professionals interested in understanding the relationship between ethics, happiness, and success in personal and professional life
- Customizability:
  The content can be customized to address specific ethical dilemmas or well-being challenges relevant to participants' industries or roles.

5. How to Build Resilience
- Course Type:
  Keynote (1 Hour)
  Seminar (2 Hours)
  Workshop (4 Hours)
- Overview:
  This workshop equips participants with practical strategies for building resilience and adapting to adversity in personal and professional contexts. Through interactive exercises (workshop), resilience-building techniques, and case studies, attendees learn to enhance their ability to bounce back from challenges and thrive in the face of adversity.
- Topics Discussed:

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Resilience fundamentals
Stress management
Coping strategies
Becoming influential
Fostering optimism

- Recommended Attendees:
  Individuals seeking to enhance their resilience and adaptability to navigate life's and professional challenges more effectively
- Customizability:
  The presentations can all be tailored to address specific sources of stress or resilience-building goals identified by participants.

6. The Benefits of Being a Lifelong Learner
   - Course Type:
     Seminar (2 Hours)
   - Overview:
     This seminar highlights the importance and benefits of continuous learning for personal and professional growth. Participants explore the mindset and habits of lifelong learners, discover strategies for acquiring new knowledge and skills, and discuss the impact of continuous learning on career advancement and fulfillment.
   - Topics Discussed:
     Lifelong learning mindset
     Learning strategies
     Professional development opportunities
     Career growth through learning
   - Recommended Attendees:
     Individuals committed to ongoing personal and professional development, career changers, lifelong learners
   - Customizability:
     The seminar content can be customized to address specific learning goals or professional development needs of participants.

WORKPLACE DYNAMICS AND CULTURE

The culture and dynamics of the workplace play a crucial role in shaping employee engagement, collaboration, and organizational performance. In this category, we offer courses that address various aspects of workplace dynamics and culture, including team collaboration, conflict resolution, and diversity and inclusion. Discover how fostering a positive and inclusive workplace culture can drive innovation, creativity, and success within your organization.

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1. Creating a Positive Corporate Culture
- Course Type:
    Seminar (2 Hours)
    Workshop (4 Hours)
- Overview:
    This workshop explores strategies for creating and sustaining a positive corporate culture that fosters engagement, innovation, and organizational success.
    Participants learn to assess current culture, identify areas for improvement, and implement initiatives to promote a culture of trust, collaboration, and accountability.
- Topics Discussed:
    Corporate culture assessment
    Culture change initiatives
    Fostering employee engagement
    Building a positive work environment
- Recommended Attendees:
    Leaders, HR professionals, and anyone involved in shaping organizational culture
- Customizability:
    The workshop can be customized to address specific cultural challenges or align with organizational values and goals.

2. Empowering Employees Amid Changing Culture
- Course Type:
    Keynote (1 Hour)
    Seminar (2 Hours)
    Workshop (4 Hours)
- Overview:
    This seminar focuses on empowering employees to thrive in the face of changing organizational cultures.
    Participants learn strategies for resilience, adaptability, and self-empowerment to navigate transitions effectively and contribute positively to evolving cultural dynamics.
- Topics Discussed:
    Adapting to change
    Resilience-building techniques
    Self-empowerment strategies
    Fostering a culture of empowerment
- Recommended Attendees:
    Employees at all levels, managers, and leaders experiencing or facilitating cultural change.
- Customizability:

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The content can be customized to address specific cultural shifts or organizational change initiatives.

3. Navigating Generational Dynamics in the Workplace
- Course Type:
  Seminar (2 Hours)
- Overview:
  This seminar explores the unique characteristics, values, and communication styles of different generations in the workplace. Participants learn strategies for bridging generational gaps, fostering intergenerational collaboration, and leveraging diversity to enhance team performance and organizational success.
- Topics Discussed:
  Generational differences
  Communication across generations
  Generational stereotypes
  Fostering intergenerational understanding
- Recommended Attendees:
  Managers, HR professionals, and anyone working in multigenerational teams
- Customizability:
  The seminar content can be customized to address specific generational dynamics or organizational demographics.

4. Psychos in the Office: Working with Challenging People
- Course Type:
  Seminar (2 Hours)
  Workshop (4 Hours)
- Overview:
  This workshop equips participants with strategies for effectively managing and working with challenging personalities in the workplace. Through case studies, role-playing exercises, and conflict resolution techniques, attendees learn to identify common challenging behaviors, set boundaries, and foster productive working relationships.
- Topics Discussed:
  Understanding challenging personalities
  Conflict resolution strategies
  Setting boundaries
  Fostering collaboration
- Recommended Attendees:
  Managers, team leaders, HR professionals, and anyone dealing with coworkers or subordinates
- Customizability:

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The workshop & seminar content can be customized to address specific challenging behaviors or interpersonal conflicts encountered within participants' organizations.

5. 5 Management Superpowers
- Course Type:
  Seminar (2 Hours)
  Workshop (3 Hours)
- Overview:
  This seminar introduces participants to five essential management superpowers for effective leadership and team management. Participants learn practical strategies for communication, delegation, decision-making, motivation, and conflict resolution to enhance their management effectiveness and drive team performance.
  The workshop option includes interactive elements for individual exploration.
- Topics Discussed:
  Communication skills
  Delegation techniques
  Decision-making strategies
  Motivation tactics
  Conflict resolution techniques
  Mindset shifts for success
- Recommended Attendees:
  New and experienced managers, team leaders, and anyone aspiring to leadership roles.
- Customizability:
  The seminar content can be customized to address specific management challenges or focus on particular management superpowers based on participants' needs and goals.

Insights & A Final Word:

At GILD Coaching, we believe in the power of tailored solutions to meet the unique needs of our clients. Our comprehensive course catalog offers a diverse range of topics designed to enhance professional development, foster organizational growth, and drive success in today's dynamic business environment.

We understand that every organization is different, which is why we offer the flexibility to develop new topics on request. Whether you're facing emerging challenges, pursuing specific goals, or seeking to address industry-specific issues,

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our team is dedicated to creating customized content that aligns with your company's vision, values, and objectives.

Furthermore, we recognize the importance of customization in delivering impactful learning experiences. That's why we're committed to working closely with individuals and organizations to tailor all existing content to their unique requirements. Whether it's adapting course materials to reflect GILD Coaching's culture, industry nuances, or event themes, our goal is to ensure that every learning opportunity is relevant, engaging, and effective.

At GILD Coaching, we don't just deliver training programs – we co-create learning experiences that empower individuals, teams, and organizations to achieve their full potential. Get in touch with us today to explore how we can collaborate to design the perfect learning solution for your company, industry, or event needs. Let's embark on a journey of growth, innovation, and success together.

Reach out to us:
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901-877-4449

Schedule a consultation:
https://gildcoaching.as.me/CorpCoaching

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