

FUTURE-READY LEADERS

Resilience, Inclusion & Wellness at Work



Program Outline

The early years of a career come with unique challenges—navigating workplace culture, building confidence, prioritizing well-being, and learning to lead. Future-Ready Leaders is a corporate workshop series where **attendees will gain practical tools and insights, drawn from real lived experience from relatable trained facilitators**, to help them navigate the early years of their career and thrive as leaders in the workplace. Each workshop is interactive, rooted in storytelling, and designed to create lasting impact for both employees and employers.

3 Workshop Topics

Diversity, Equity & Inclusion

Mental Health & Well-Being

Leadership & Presenting Skills

Key Takeaways:

- Increased **resilience** to navigate workplace challenges.
- Practical tools to manage stress and build **confidence**.
- Improved speaking skills for collaboration and **leadership**.
- A greater sense of **belonging** and awareness of how to create safer and more inclusive spaces.

Each Workshop's Overview

Speak with Impact:

Develop the skills to present with confidence and use compelling storytelling to make your ideas memorable. Learn techniques to manage nerves, handle tough questions, and turn feedback into growth.

Belonging in Action:

Discover how DEI shapes workplace culture and why allyship matters. **Learn to recognize bias, create safer spaces**, and actively contribute to a culture of belonging.

Thrive at Work:

Gain practical strategies to manage stress, prevent burnout, and set healthy boundaries. Learn how to nurture your mental health, as well how to support colleagues through workplace challenges.