

Microlearning Topics

Live Interactive Virtual Series

- Thrive Within a Hybrid Workplace
- Surviving Dreaded Conversations: How to Talk Through Any Difficult Situation at Work
- Facilitating Techniques to Drive Meeting Success
- The 4 Stages of Psychological Safety
- Guestimation - Using Sensemaking to Solve Today's Complex Problems
- Decision-making for an Unknowable Future
- Beating Burnout
- Innovating and Collaborating in the Digital Era
- Decluttering and Organising with the KonMari Method ®
- The Hybrid Model – WFH and WFO Effectively and Productively
- Make it Happen! – 6.5 Time Management Ideas that work!
- Beyond Setbacks – Building Resilience to fight any challenges you are facing right now!
- Influence with Business Story Telling (90 mins)
- Become a Workplace Design Thinker (90 mins)
- Influencing without Authority (90 mins)
- Think Critical – An Executive's Guide to Critical Thinking (90 mins)
- Sharpening Business Acumen (90 minutes)
- Creative Problem Solving – Your Key to Survival in a Crisis (90 minutes)
- Unconscious Bias – 14 Bias you do not know you have (90 minutes)
- Managing Your Projects Productively (90 minutes)

Communication Series

- Networking: It's Not What You Know. It's Who You Know.
- Get that Point Across! – Be Better Understood with Effective NLP Tools
- Cross Cultural Communication
- The Art of Influence: Getting What You Want – the SMART Way
- Why are You STARING at Me? Knowing Your Body Language and How It Can Affect Your Success
- The Art of Feedback
- Enhancing People Mastery – How to Talk So People Will Listen and How to Listen So People Will Talk

Productivity Series

- We have to STOP Meeting like this: Conducting Meetings Colleagues love attending
- Create an Extra Hour Every Day! Getting More out of Life – Time Management Tips that Work
- Peak Performance for the Busy Executive: Strategies for Thriving and Succeeding Under Pressure
- Simple Ways to Avoid Back and Neck Pain at Work!
- Stop Worrying and Start Living: Take that Stress Off Immediately –In a Clean and Healthy Way
- An Employee Survival Guide in the age of AI, ChatGPT, and Bard

Personal Mastery Series

- Be Consciously Awake and Aware – Enhance your Mindfulness with Aikido
- Building Your Personal Vision: Be Inspired with Your Own Purpose to Win in the Changing Business Landscape through Play and Fun
- Presenting from the Heart: Get Rid of the Butterflies in Your Stomach before Speaking in front of a Crowd
- Going the Extra Mile – How do You Ignite Your Passion and Motivate Yourself when the Going gets Tough?
- Adversity Quotient and Mental Resilience
- Positive Psychology: How to be a Positive Person
- Anger Management
- Emotional Intelligence (EQ)
- Parenting Teenagers: Establishing Loving Boundaries
- How to Help Your Child Succeed
- Building Successful Relationships
- Keys to Happiness at Work
- Projecting a Positive & Professional Image Using the Phone

Team Development Series

- Living with Change, Embracing Change with Growth Mindset! Understanding and Overcoming Resistance to Change
- Building Big Picture Thinking Capability: Creating new Possibilities to Win in the Changing Business Landscape through Play and Fun
- Building Self-confidence in Staff & Employees
- Pressing the Right Buttons: How to Motivate Staff and Employees
- Together Everyone Achieves More: Conflict Management for High Performing Teams

Healthy Living Series

- Chair Yoga Session
- Life Energy Exercise for Fitness and Pain Relief
- Simple Ways to Avoid Back and Neck Pain at Work!
- Dietary Strategies to Losing Weight and Food Myths
- Eating Smart, Eating Well
- Weight Loss Basics: Practical Tips to Lose Weight Healthily!
- Food Tips & Lifestyle Information to Improve Cholesterol
- Cancer and Food
- Eating the Right Foods for Exercise
- Bootybarre
- Aerobics
- Kickboxing
- Total Body Conditioning
- Strong Knees 101
- The New Sustainability (about embracing a plant-based lifestyle)

2-Hr Essential Business Effectiveness

- Presentable to Powerful – Quick Strategies on Making Memorable Presentations
- Effective Business Writing for Results
- 5-Step S.P.O.R.T. Coaching Model for Empowering Staff & Employees
- Managing Diversities: Turning Differences into Strength for Managers and Supervisors
- Build a Championship Team: Creating a Team Learning Culture to Win in the Changing Business Landscape through Play and Fun
- Simplifying Service
- Driving Progress with Innovation

2-Hr Essential Personal Effectiveness

- Get that Point Across! – Be Better Understood with Effective NLP Tools
- Peak Performance Under Stress: Lessons from World-class Olympic Athletes

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