

WINS For Life

WINS For Life provides a variety of educational services and events for adults and students. Professional development workshops, staff training, and team building seminars are hosted for teachers, child care providers, and other professionals. Students gain multiple benefits, life lessons and fun learning experiences via participation in the WINS For Life after school programs, school events basketball events, clinics, AAU, and summer camps.

Interpersonal Dynamics: workshop outline (2-hour professional development workshop)

Interpersonal Dynamics is an empowering professional development workshop structured to elevate work performance and improve relationships by providing effective strategies and techniques. This workshop provides multiple benefits, professionally and personally. The workshop experience is highly engaging, interactive and entertaining, and very informative. Participation boosts the harmony, cohesiveness, and positive energy among the staff, while providing tools to promote and enhance job effectiveness. Staff members will leave energized and motivated. The carry-over is an improvement among the individual employees as well as the collective contributions of the team.

Registration includes: WINS For Life resource workbook, interactive outline, 36 strategies & definition page, self-assessment guide, certificate of completion.

Opening Activities:

Ice Breakers: Mental vs. physical coordination

Work-related interpersonal challenges (staff to *staff*, *staff to student*, *staff to parent*)

Left Brain thinking vs. Right Brain thinking

Workshop Topics:

The WINS For Life Four Building Blocks

Values, Balance, Mental Strength, Adversity

TEAM = Together Everyone Achieves More

The Professional employee

WII FM

Dynamic Dialogue for the workplace

Work Place – Happy Place (the building blocks)

Adversity: How do you Respond?

* **The Human Instinct:** Flight, fright, and fight modes

Appropriate Responses & Strategies (to workplace challenges)

Team Stations (positive contributions)

1. Students
2. Parents & Community
3. Staff / Co-workers
4. Environment
5. Yourself

Personal Awareness / Accountability

Self Assessment Activity

36 Management Strategies! (getting in a *What's Next?!*+mode)

Work Place Scenarios (activity using the W4L strategies)

Implementing Action & Praise

☺ **Closing Comments**