

Thriving at Work

Core Skills to Succeed in Any Role

Strengthen your team by empowering them with the essential tools to boost productivity and elevate performance.

1

Stress & Time Management

- ✓ Prioritize tasks based on importance and urgency.
- ✓ Learn coping mechanisms to foster resilience and handle stress.

2

Workplace Communication

- ✓ Navigate conflict and foster positive interactions.
- ✓ Convey messages effectively with a clear, professional tone.

3

Ownership & Achievement

- ✓ Demonstrating accountability and reliability in fulfilling commitments.
- ✓ Identify opportunities to add value and contribute to organizational goals.

4

Problem Solving

- ✓ Analyze problems from various perspectives to identify root causes.
- ✓ Evaluate alternatives and make informed choices.

2025 Schedule



Kapolei (Kroc Center)

June 17 | 8:30am - 12:30pm

Virtual (via Zoom)

Oct 16, 23, 30 | 12:00pm - 1:30pm

**Registration opens
~6 weeks before
each session.**

Most valuable for employees who:

- Desire to strengthen professional skills, build resilience, and increase workplace potential.

**Want to register for a course
or receive our monthly schedule via newsletter?**

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