



Building A Powerful Network

At every career stage you need people for advice, support, referrals, or a sounding board. Are you getting the most from these relationships? How do you build and leverage your network? Learn a new approach to networking, how to make effective contacts in a short time, and how to get the most out of your networking opportunities. *Lecture or half-day seminar*

Creating The Life You Want: Strategies for Singlish Women

Are you a woman in your 20s or early 30s? Your life is full of possibilities! It's a great time...and for many of us, also a scary one. Join the author of [Living Singlish: Your Life, Your Way](#), for a fun workshop that gives you simple principles for taking control and building the life you want. Free copy of the book for all attendees. *Lecture, half-day seminar or one day workshop*

Energize From Within: Simple Ways for Better Days

In the struggle to balance the many demands on our time and attention, it's easy to forget time to recover. Yet without resilience and recovery we risk burnout. Learn to navigate the craziness of your day using food choices, movement, laughter, and short quiet periods to manage your energy levels. These strategies work for high-level corporate executives, and they can work for you! *Lecture or half-day seminar*

Group Politics: Taming the Animals in Your Own Political Jungle

Group politics are important whenever people with competing goals and limited resources work together. It's like watching foxes, birds and elephants competing for access to water. No wonder we call some people 'political animals!'

Learn and apply a 2-dimensional framework to identify different behaviours, and a simple model for handling any political situation and taming any denizen of the jungle. *Lecture or half-day seminar*

Mentors, Sponsor And Advocates

What are they? Do you need one? Do you need several? How can they help you? Learn the difference between these three valuable career boosters, and how each can help you. Leave with specific techniques for finding and engaging each one, what to expect, and what your role is in the relationship. *Lecture or half-day seminar*