

RE\CHARGE IN 21 DAYS

Online classes + coaching carefully
designed to \motivate\ build resilience\
turn panic into power



RE\WORK

Virtual Working

Using the virtual learning environment as a learning tool the course will increase employee well being + resilience. High self reflection and engagement for the participant directed at high impact + coaching for deeply entrenched learning.

- + Identify and clarify their personal values
- + Build strong resilience + tenacity
- + Self mastery through mental + behavioral agility
- + Virtual Etiquette
- + Energy Management
- + BONUS Coaching



RE\LEAD

Leading Virtually

Managers will learn lead remote teams through powerful remote working tools, self reflection + coaching. It will explore agile + virtual leadership skills that will provide the participants with an insightful and experiential understanding of effective leadership which will accelerate their growth, resilience + well being in a VUCA world

- + Understand remote working best practice
- + Learn effective virtual communication strategies
- + Develop Agile Leadership practices
- + Significantly increase self - motivation + energy
- + BONUS Coaching



RE\SET

Rebranding your career

A course coupled with coaching to truly support the transition of employees that have been retrenched. Whilst navigating emotions related to change, participants will learn how to understand their specific strengths, talents + abilities in order to redefine their careers. Deep dives into core skills needed in the new working world will set them up for success leaving an organisation.

- + Understand core strengths + abilities
- + Rebrand a marketable CV + Digital Profile
- + Increased motivation, self esteem + resilience
- + BONUS Coaching

ALL COURSES CAN BE TAILORED TO COMPANY SPECIFIC NEEDS
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