

AFFORDABLE. CONVENIENT. FUN.

# Training Experiences

Develop Skills You Can Apply Immediately



Choose from a large selection of trainings for leaders, teams and individuals. We will explore current research from around the world about the topics that matter most to you. You will leave each training with a personalized toolkit and action plan to lead a more fulfilling, satisfying life at work and beyond.

## WELLNESS TRAININGS

- ▶ Discover Joy at Work
- ▶ Emotional Health: 6 Strategies that Work
- ▶ Find Purpose in Your Work
- ▶ Live into Your Values
- ▶ Set and Achieve Goals that Matter Most
- ▶ Stress Less: How to Manage Stress
- ▶ Prevent Burnout & Build Resilience
- ▶ Work-Life Integration in 3 Steps

## SKILL-DEVELOPMENT TRAININGS

- ▶ Coaching: 3 Skills Everyone Needs to Know
- ▶ Change: Navigate Change and Transitions
- ▶ Communication Styles
- ▶ Conflict: Manage Conflict at Work
- ▶ Decision Making for Leaders and Teams
- ▶ Delegation: How to Delegate Better and Faster
- ▶ Meetings: 5 Steps to Make Every Meeting Effective
- ▶ Trust: How to Build and Repair Trust

Trainings Facilitated by  
Compass Consulting, LLC

For more information, contact:  
Hello@CompassConsultingTeam.com  
Visit us online at [CompassConsultingTeam.com](http://CompassConsultingTeam.com)



# Training Experiences

## CERTIFIED TRAINERS



Amy Leneker, MPA

Training experiences are facilitated by Certified Trainers of Compass Consulting, LLC.

Amy Leneker and Corey Leneker have designed and delivered trainings to thousands of leaders and practitioners across the country.



Corey Leneker, MPA

## PRICING

### Public Trainings

Public Trainings are available to everyone. See pricing and register online at [AmyLeneker.com/Events](http://AmyLeneker.com/Events).

### Group Rate Trainings

Group Rate Trainings are available to organizations at significantly lower costs than public trainings. Contact [Hello@CompassConsultingTeam.com](mailto:Hello@CompassConsultingTeam.com) to schedule your Group Rate Training event.

Group Rate Training EXPERIENCES	NUMBER OF Participants	PRICING General Admission	PRICING Government/Nonprofit
75-Minute Keynote	Unlimited	\$2,000	\$1,500
Half-Day Training	Unlimited	\$4,000	\$3,000
Full-Day Training	Unlimited	\$6,000	\$5,000

Prices effective through June 30, 2020.

Training space provided by client.

Travel costs added for events outside of Thurston County, WA.

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