

# Topic Selection & Modalities of Working Together



| Personal                                                                                                                                                                                                                                                                                                  | Professional                                                                                                                                                                                                                                          | Relationship                                                                                                                                                                                                                                                            |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Confidence</b><br/>           Raise Self Esteem<br/>           Change Self-defeating Pattern<br/>           Confront Core Beliefs<br/>           Paradigm Shift/New Possibility<br/>           Healing Emotional Wounds<br/>           Overcoming Fears, Obstacles &amp; Limiting Beliefs</p>       | <p><b>Public Speaking</b><br/>           Building Confidence<br/>           Building Your TED Talk:<br/>           Develop Ideas, Outlines, Slides, Rehearsals, Performance<br/>           Facilitate Meetings<br/>           Share Ideas, Vision</p> | <p><b>Personal Relationships</b><br/>           Creating Relationship Vision<br/>           Understand Patterns<br/>           3 C's That Make Relationships Work<br/>           Avoid Who's Wrong/ Know Who's Right<br/>           Be Pro-Active &amp; Unstoppable</p> |
| <p><b>Mindset</b><br/>           Happiness - Paradigm Shifts<br/>           Confronting Core Beliefs<br/>           Overcoming Fears &amp; Obstacles &amp; Limiting Beliefs<br/>           Acting in the Face of Fear</p>                                                                                 | <p><b>Leadership</b><br/>           Servant Leadership<br/>           Living Your Best Life...<br/>           Team Communication<br/>           Diversity Training<br/>           Communicate as Leaders</p>                                          | <p><b>Conflict Resolution</b><br/>           Dealing with Difficult People<br/>           Assertiveness/Boundaries<br/>           Giving/Receiving Feedback<br/>           Triggered/Triggering Others<br/>           Crucial Conversations</p>                         |
| <p><b>Goal Setting</b><br/>           Creating your BIG Life Vision<br/>           Follow Your Dream, Clarity<br/>           Mapping Out Life Plans<br/>           Accountability<br/>           Recommitting to Goals<br/>           Possibility Focused</p>                                             | <p><b>Strategic Planning</b><br/>           Appreciative Inquiry Goals<br/>           Plans Into Action!<br/>           Strategies for Success<br/>           Workshop &amp; Explore Ideas<br/>           Interview Matrix</p>                        | <p><b>Networking</b><br/>           Powerful Introductions<br/>           Marketing Yourself/Ideas<br/>           The 30 second Pitch<br/>           ASK for What You Want<br/>           Connect and Follow-up</p>                                                     |
| <p><b>Communication</b><br/>           Positive self talk<br/>           Understanding Personal Triggers in Self &amp; Others<br/>           Challenge Self Defeating Ways<br/>           Communication that Works<br/>           Assertiveness &amp; Boundaries<br/>           Speak Up! Share Ideas</p> | <p><b>Mentoring</b><br/>           Making the Most of the Mentoring Relationship<br/>           ASK for What You Want<br/>           Idea Sharing<br/>           Approaching Potential Mentors<br/>           Reciprocate Mentorship</p>              | <p><b>Parenting</b><br/>           Creating a Family Vision<br/>           Backbone Parenting<br/>           Calm/Assertive<br/>           Same Page Parenting<br/>           Coming to Consensus<br/>           Still Suffering in the Sandbox? Our Stuff/Stories</p>  |
| <p><b>Career</b><br/>           Asking for What You Want<br/>           Handling No's &amp; Rejections<br/>           Be Pro-Active &amp; Unstoppable<br/>           Resolve Workplace Challenges</p>                                                                                                     | <p><b>Projects &amp; People</b><br/>           Manage and Leadership<br/>           Create Safety<br/>           Improve Communication<br/>           Goal Set, Praise, Redirect<br/>           Give &amp; Receive Feedback</p>                       | <p><b>Team Building</b><br/>           Creating a Cooperative Culture<br/>           Vision, Mission &amp; Goals<br/>           Capitalize on Talent<br/>           Develop Sensibilities<br/>           Embrace Diversity</p>                                          |

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| Private, Couple or Family Coaching                          | Team/Group Work Facilitation                                      | Presentations Keynotes                                        |
|-------------------------------------------------------------|-------------------------------------------------------------------|---------------------------------------------------------------|
| One on Ones<br>Couples Coaching<br>Family Coaching          | Seminars/Workshops<br>Training the Trainer<br>Webinars            | Keynotes<br>Orientations Kick-Offs<br>Breakout Sections       |
| Training Development<br>Public Speaking Coach<br>Leadership | Mastermind Groups<br>Coaching Circles<br>Strategic Plan Meetings  | Host - Panel Moderator<br>Ice-Breakers<br>Culture Development |
| Private Mentorship<br>Team Interviews<br>Intervention       | Empower ME Projects<br>Team Development<br>TED Talk Speaker Coach | Mentorship Program Lead<br>Teaching Classes/Courses           |

Gwen was absolutely spellbinding, and her style influenced me and led me to alter my teaching style to become more inclusive and interactive. The students loved her approach, and I don't think I have ever known a class to learn more in a shorter period of time. Gwen's passion encouraged and empowered students to share their stories, with confidence and humour. In doing so she brought out the best in each of them, even as she helped develop their confidence and articulate their messages. Gwen's experiential approach for personal and professional development is inspiring and fun, and every student comes away with new skills that seemed to many to have been beyond their capacities to achieve. Without hesitation or reservation I would recommend Gwen Gnazdowsky as a teacher of all forms of public communication. She's a bright and shining light of inspiration. ~ **Wade Davis, National Geographic Society, Professor of Anthropology, University of British Columbia (UBC)**

Gwen Gnazdowsky is an excellent facilitator with a very warm, caring approach that helps women develop important skills to advance in their careers and personal lives. She was instrumental in the success of a series of MakePossible Mentoring Workshops held at BCIT, SFU and UBC. Gwen led diverse groups of women through interactive exercises to learn how to network effectively, ask for what they need and how to market themselves. These workshops helped create a sense of community, developed support networks and helped build confidence. ~ **Cheryl Kristiansen, Make Possible Project Manager, The Society for Canadian Women in Science and Technology (SCWIST)**

Gwen is an amazing person and coach. As the National Mentorship Advisor and Vancouver Lead, she has helped Women in Leadership successfully build our Mentorship Program to a flagship model. Gwen has facilitated and MC'ed several workshops and forums and is a great asset to her community. – **David Mossman, Program Director at Women in Leadership (WIL)**

Gwen is a repeat guest facilitator in our Youth Skills at Work Skills Link program at the YMCA. Gwen is an amazing storyteller and captures the youth's interest with her interactive, fun and engaging workshops on public speaking and assertiveness. The youth in our groups have consistently provided excellent feedback for Gwen and her work with them, and often refer back to their learnings and apply them to all aspects of their lives. We appreciate the amazing work that Gwen does and hope to continue working with her long into the future. - **Kirsty Peterson, Director, Employment and Training at YMCA of Greater Vancouver (YMCA)**