



Personal and Professional Development, Training, and Coaching

Step **IN**, Search **INSIDE**, Gain **INSIGHT**, Arrive **INSITE**

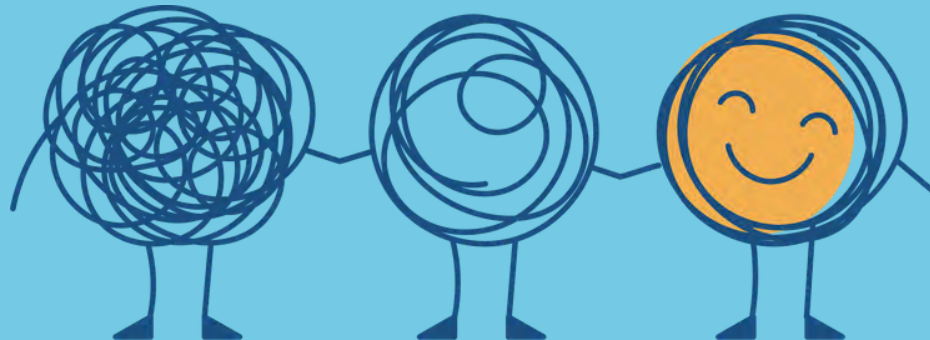


Insite Psychology Mentoring

The Insite Psychology Mentoring training approach is firmly grounded in the principle of fostering employee engagement within the workplace. This approach is designed to cultivate an environment where every member of an organization is empowered to consistently deliver their utmost performance. It achieves this by nurturing a culture of unwavering dedication to individual and collective values and goals that hold deep significance for each employee.

The Results?

Our program cultivates a highly motivated workforce capable of making profound, positive contributions to your organization's overall success. We've meticulously crafted our training based on cutting-edge research in workplace happiness, motivation, and engagement conducted by renowned institutions such as Harvard and Stanford. With this evidence-based approach, you'll be equipped to confidently engage your team, even within the context of an ever-diverse workforce encompassing multiple generations.



We provide an extensive selection of workshops, offering organizations the flexibility to craft a customized program that precisely suits their needs and objectives.

- [DEI&B Workshop Series](#)
- [Positive Leadership Workshop Series](#)
- [Workplace Wellbeing Workshop Series](#)
- [Women in Leadership Workshop Series](#)
- [Coaching for Success Sessions](#)





Diversity, Equity, Inclusion & Belonging

Inclusive Workplace

Inclusion is an essential component for achieving genuine **diversity in the workplace**. An inclusive workplace is where every individual is valued, fostering a sense of safety that encourages diverse ideas, open discussions, and suggestions without the fear of judgment. In this workshop, you'll gain inspiration and practical insights on how to exemplify inclusive leadership. Participants will uncover the significance of psychological safety and the advantages of compassionate leadership.

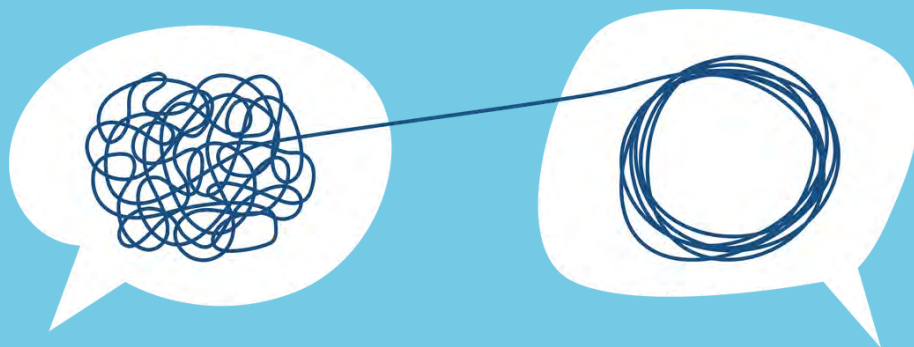


Workplace Biases and Allyship

This workshop offers insights into the mechanisms of bias in our brains and the prevalent stereotypes that permeate our surroundings. Participants will explore real-world work situations, both in virtual and in-person meetings, highlighting bias occurrences related to gender, cultural, religious, disability, and sexual orientation factors. The session equips individuals with actionable strategies to actively and proactively address bias in the short and long term. This practical workshop delivers tools to enhance **workplace inclusion and foster allyship**.

Positive Communication Workshop

Positive communication between employees and managers is pivotal in fostering a highly productive team. When all team members engage in positive communication, trust flourishes, strengthening the essential pillars of stability, efficiency, and productivity. Additionally, this workshop equips leaders with the essential tools to adeptly handle situations where they need to convey negative or critical feedback regarding someone's performance. Our workshop offers guidance on delivering constructive criticism in a constructive manner, avoiding defensive responses, and safeguarding future relationships.



Positive Relationships Workshop

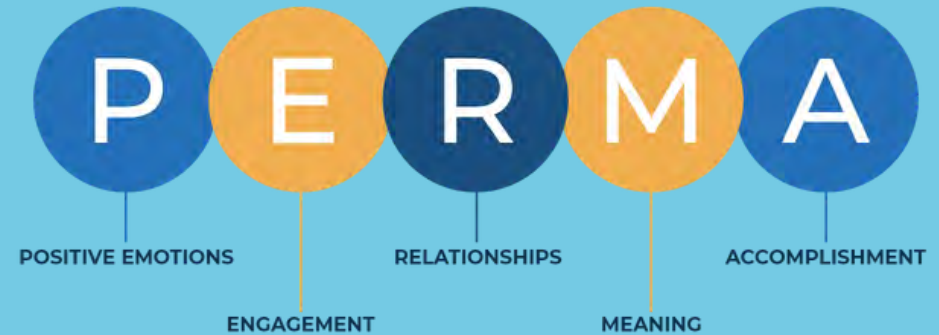
Workplace relationships can serve as a wellspring of enrichment and vitality, contributing to the prosperity of individuals, groups, and entire organizations. Within this workshop, leaders will gain insights into the significance of cultivating High-Quality Connections. They will also acquire the skills to revamp roles and routines, fostering the establishment and sustenance of positive relationships within their teams and organizations.

Job Crafting and Authenticity Workshop

This workshop is a cherished choice among HR and senior management, as it delves into key strategies for enhancing effectiveness, self-awareness of strengths, and the art of leveraging others' strengths. It offers valuable insights into role customization through an employee's authenticity, culminating in improved workplace engagement, productivity, and overall happiness.

Wellbeing at Work Workshop

Workplace happiness and wellbeing are gaining prominence as organizations tackle the complexities of employee stress. The **PERMA** model defines wellbeing as the result of five core pillars. Discover practical applications of these pillars in any team setting!



Stress Management Workshop

This training offers enduring opportunities to combat stress, fostering improved physical and mental wellbeing for a happier, healthier, and more productive life. Participants will gain insight into distinguishing between acute and chronic stress, comprehending their origins, advantages, and drawbacks. The workshop delivers practical guidance on managing stress and integrating these strategies seamlessly into a busy schedule.

Resilience Workshop

Skill-based resilience training sessions provide practical solutions for enhancing resilience to boost productivity and wellbeing. Research demonstrates the effectiveness of resilience skill training, making it an invaluable resource. Participants will delve into various techniques to cultivate resilience skills and strategies, ultimately enhancing their well-being and performance.

Business Mastery Program for Women

Our '**Business Mastery Program for Women**' is a three-month intensive program that combines workshops and personal coaching. Participants will acquire strategic career navigation skills using emotional intelligence and essential business acumen, including negotiation, personal branding, resilience, and stress management. This program equips participants to enhance workplace effectiveness, overcome procrastination, and ascend to the next level in their careers.

From Superwoman To The Empress

If you are a woman in a leadership position struggling to balance multiple roles, including maintaining a work-life balance, then this workshop is designed specifically for you. Grounded in the latest groundbreaking research, this workshop provides practical tools and wellbeing practices that numerous women have already successfully incorporated into their lives, promoting balance and happiness.



Authentic Imposter Workshop

'**Impostor Syndrome**' refers to the belief that one is not competent enough to succeed or achieve their goals. This workshop delves into the 'limiting beliefs' associated with impostor syndrome and equips participants with practical tools to conquer these self-imposed limitations, fostering self-confidence in themselves and others.



Coaching for Success Sessions

In the ever-expanding realm of coaching, spanning personal and professional domains, a culture of employee empowerment continues to thrive. Fostering an atmosphere of openness fosters healthy workplace environments where challenges are confronted directly, yielding positive resolutions. Our array of coaching sessions, whether for individuals or groups, serves as a robust support system for personal development, wellbeing, team cohesion, and a multitude of professional and personal growth areas.





Connect with **INSITE**

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