

# CEEK Workshops

Empower your organization to CEEK a Better Way<sup>®</sup>



CEEK a Better Way<sup>®</sup>

## CEEK helps organizations redefine and pursue “wellness.”

We define organizational wellness as a healthy and engaged workforce serving a growing or otherwise successful organization. Leveraging the latest research and adult-learning best practices, we developed our Organizational and Individual Wellness workshops to inspire and empower your team in pursuit of organizational success and personal fulfillment.

### What can we do for you?

CEEK offers a suite of fixed price training workshops, speaking engagements, and facilitated team building. These services are all focused on developing leaders, promoting organizational wellness, and empowering employees to own their fulfillment and success. The reverse side of this brochure summarizes 12 of our more popular workshops. We offer each training workshop in increments of 2, 4, or 8-hour engagements. The duration simply impacts the depth of the materials covered and the extent of hands-on, experiential learning activities experienced during the workshop. We typically provide these workshops for groups ranging from 10-24 participants and always customize our workshops to the specific goals and objectives of our clients.

#### LOCATE US

In RTP, NC & Fairfax, VA  
Website: [ceekllc.com](http://ceekllc.com)

#### FOLLOW US

Follow along with us and become inspired.



#### CONTACT US

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## CEEK a Better Way®' Workshops and Training Services

**CEEK a Better Way®...to Be:** This workshop engages Passion, Integrity and Creativity to “Be ePIC™.” Participants will apply CEEK’s approach to “3-Factor Authenticity™” to pursue self-awareness, general peace, and fulfillment in pursuit of an “ePIC” career and life.

**CEEK a Better Way®...to Lead:** This workshop introduces the most common characteristics of effective leaders and guides participants through a series of exercises to assess and practice such characteristics.

**CEEK a Better Way®...to Communicate:** This workshop leverages the SOAR framework to help participants understand the six speech acts and how to effectively leverage each to achieve desired results and enhanced relationships.

**CEEK a Better Way®...to Balance:** This workshop helps organizations and individuals identify and apply techniques to promote and enhance personal balance while pursuing excellence in the professional environment.

**CEEK a Better Way®...to Grow:** This workshop provides a structure and framework for organizations to serve as trusted advisors for their customers and stakeholders, enabling a more effective approach to growth.

**CEEK a Better Way®...to Flow:** This workshop leverages polarity maps to introduce participants to a simple and more effective way to manage competing tensions within an organization and in their personal life.

**CEEK a Better Way®...to Engage:** This workshop guides participants through a series of exercises to identify their passion and that of their staff, leveraging this knowledge to apply that passion in the most productive manner possible.

**CEEK a Better Way®...to Disagree:** This workshop provides participants a framework to manage conflict in the organization and guides them through a series of exercises to practice new techniques and assess the impact.

**CEEK a Better Way®...to Chill:** This workshop offers unique and innovative ways to mitigate anxiety and stress in organizations offering a series of exercises to put such techniques into practice.

**CEEK a Better Way®...to Create:** This workshop introduces organizations and individuals to a framework to promote and capitalize on the creativity of each individual while ensuring continued productivity toward organizational objectives.

**CEEK a Better Way®...to Change:** This workshop provides a framework for participants to assess their willingness to change while offering tips and supporting exercises to lead and/or adapt to change in the organization.

**CEEK a Better Way®...to Serve:** This workshop provides a common definition of servant leadership and helps organizations identify and apply techniques to promote a culture of service to clients, colleagues, and the community.

*In addition to these workshops, CEEK provides speaking engagements addressing any of the above topics and facilitated team building sessions as a complement to the workshops or other activities.*