

Workshop Topics

Identity & Belonging

Exploring personal, cultural, and social identity through reflection and storytelling. Participants examine how identity is formed, named, misread, and reclaimed—and how a clear sense of self supports belonging, agency, and leadership in community and organizational spaces.

Storytelling as Connection

An introduction to storytelling as a tool for connection, empathy, and influence. Participants learn how stories shape perception, build trust, and support values-based leadership without performance, persuasion, or extraction.

Empathy Building & Deep Listening

Focused on developing the skills of listening, witnessing, and presence. This workshop supports participants in practicing empathy as a leadership capacity—learning to listen without fixing, interrupting, or centering themselves.

Communication & Relational Leadership

Strengthening clear, compassionate communication for collaboration and leadership. Participants explore boundaries, self-expression, accountability, and how communication choices shape relationships, teams, and culture.

Ethical Storytelling & Responsibility

Examining consent, power, and care in sharing stories—our own and others'. This workshop supports ethical leadership by emphasizing responsibility, discernment, and integrity in narrative sharing within institutions and communities.

Poetry as Reflection, Voice & Leadership

Using poetry as a tool for self-inquiry, expression, and cultural commentary. Participants engage poetry as a reflective practice that supports clarity, emotional intelligence, and authentic voice in leadership and public-facing roles.

Grief, Loss & Meaning-Making

Creating space to explore grief as a personal and collective experience. This workshop supports participants in naming loss, honoring complexity, and developing compassionate leadership during times of change, transition, and uncertainty.

Resilience & Emotional Capacity

Exploring resilience not as toughness, but as adaptability, self-awareness, and care. Participants build emotional capacity and regulation skills that support sustainable leadership and long-term engagement.

Race, Identity & Relational Leadership

Facilitated conversations that explore race, history, and lived experience with care and accountability. This workshop supports participants in engaging race-based dialogue as a leadership practice rooted in honesty, empathy, and responsibility.

Custom & Integrated Workshops

Workshops can be tailored or combined to meet the needs of youth, educators, organizations, and community groups. Integrated sessions often blend identity, storytelling, communication, and leadership development.

*Workshops are available in virtual, in-person, and hybrid formats and are adapted for leadership development, education, and community engagement.

Leadership Subset Pathways

Relational, Ethical & Values-Based Leadership

These leadership pathways center communication, empathy, self-awareness, and responsibility. Each pathway can be offered as a standalone experience or combined into a longer leadership series.

Pathway 1: Identity & Leadership

Focus: Self-awareness as the foundation of leadership

Explores how identity, lived experience, and personal narrative shape leadership style, decision-making, and presence. Participants examine how clarity of self supports integrity, confidence, and belonging in leadership roles.

Best for: Emerging leaders, educators, youth leaders, organizational staff

Pathway 2: Communication & Relational Leadership

Focus: Clear expression, boundaries, and accountability

Strengthens communication as a leadership skill. Participants practice speaking with intention, listening with care, and navigating conflict and collaboration without reactivity or avoidance.

Best for: Managers, facilitators, team leads, nonprofit and community leaders

Pathway 3: Empathy, Listening & Trust-Building

Focus: Empathy as a leadership capacity

Develops deep listening and witnessing skills that build trust, psychological safety, and strong team culture. Emphasizes empathy without fixing, rescuing, or centering oneself.

Best for: Leadership teams, educators, HR and people-facing roles

Pathway 4: Ethical Storytelling & Responsible Leadership

Focus: Power, consent, and narrative responsibility

Explores how stories are used in leadership, institutions, and public-facing roles. Participants learn ethical approaches to storytelling that honor consent, context, and impact.

Best for: Organizational leaders, communicators, educators, nonprofit staff

Pathway 5: Embodied Leadership & Emotional Capacity

Focus: Regulation, presence, and sustainability

Supports leaders in developing emotional awareness, nervous system regulation, and embodied presence—especially during stress, change, or uncertainty.

Best for: Leaders navigating burnout, transition, or high-responsibility roles

Pathway 6: Resilient Leadership

Focus: Adaptability, care, and long-term engagement

Reframes resilience as emotional capacity, adaptability, and self-trust rather than endurance.

Participants explore practices that support sustainable leadership over time.

Best for: Community leaders, educators, nonprofit professionals

Pathway 7: Race, Identity & Relational Leadership

Focus: Leading across difference with care and accountability

Creates space for leaders to engage race, history, and identity-based dialogue thoughtfully.

Emphasizes responsibility, humility, and relational repair as leadership practices.

Best for: Institutions, leadership cohorts, equity-focused teams

Leadership Pathway Formats

Leadership pathways may be offered as:

- Single workshops
- Multi-session cohorts
- Integrated leadership series
- Hybrid experiences (online foundations + live facilitation)

Leadership pathways are adapted to the needs of each organization and emphasize relational capacity, ethical practice, and sustainable leadership.