

artesian *collaborative*

2023 Training Catalog

Artesian Collaborative, LLC

77 W. Washington St. Suite 1500

Chicago, IL 60602

773.980.9679

artesiancollaborative.com

Table of Contents

Introduction

About Our Trainings	2
Our Values & Approach	3
How Trainings Work	4
Pricing	4
Our Training Team	5
Certifications	6
Contact	6

Diversity, Equity & Inclusion

Why Bother with DEI?	8
Engaging the Tension of Diversity (Virtual)	10
Engaging the Tension of Diversity (Intensive)	12
Addressing Microaggressions	14

Stress Management

Stress Management in Uncertain Times	17
Burnout & Imposter Syndrome	19
Stress Management Skills	21

Relational Leadership

Bring Your Emotions to Work	24
Equipping Relational Leadership	26
Emotional Core Strength	28

We're all feeling it...

Whether it's the stress of looming deadlines, the emotional toll of leadership, the conflict that arises when we encounter cultural differences or simply the challenges of maintaining work-life balance, **we all feel tension at work.**

At Artesian Collaborative, we believe that tension, conflict and discomfort are not merely problems to be solved. They are growth opportunities that, when used correctly, can transform our organizations, our relationships and ourselves. Many corporate training programs are great at helping us address the symptoms of tension and conflict, **but rarely get to the root of why we feel and act the way that we do.**

Throughout our trainings, **our therapists will help your team explore the underlying causes of tension at work.** We use learning models based on psychological research to build a foundation of understanding and to develop the skills necessary for transformation and growth.

Explore Our Trainings

We offer trainings in 3 key learning areas:

- Diversity, Equity & Inclusion
- Stress Management
- Relational Leadership

Look through our training catalog and find the opportunities that best suit your needs. Organizations are complex and the presenting problems of tension and conflict can have multiple root causes. As we get to know you and your organization, we will collaborate with you to build a custom training journey that draws from one or more learning areas.

Our Values & Approach

Strengths-Based

We believe that every person has something valuable to contribute that we all need for growth. We choose to emphasize the assets we all bring rather than focusing on what we lack.

Developmental

Growth never stops and we always have the opportunity to change. We accept that change happens over time and that even when we make mistakes, they can always be turned into opportunities for growth.

Authentically Engaged

Growth requires our full engagement and requires us to take the risk of showing up as we are. We're committed to showing up authentically ourselves so that you can too.

Compassionately Vulnerable

We're all in the process of becoming, yet we each find ourselves in different places along the journey. It's essential to extend compassion to those who are in places we used to be ourselves, or places we don't yet understand.

Community-Oriented

We grow best when we can learn from the experiences, missteps and strengths of others. That's why we focus on learning together, where we can all be part of the conversation. When our growth is tied into a shared mission, there's more support for us to take the risk because we have others standing alongside us.

How Trainings Work

Most of our trainings are conducted via live Zoom webinars and Zoom meetings that range from 1 to 3 hours. Some trainings are available in-person. We use a variety of tools to create a dynamic environment for adult learning including:

- Experiential Activities
- Facilitated Discussion
- Group Problem Solving
- Personal Reflection
- Lecture-Style Teaching
- Pre & Post Session Assignments
- Live Q&A

The topics covered in each workshop draw from well-researched psychological models. We use proven methods to build a safe learning environment that invites teams to fully engage emotionally and experience growth together.

Training Goals

- Help organizations build a culture that supports the psychological and emotional health of their personnel.
- Guide teams as they navigate the realities of tension and conflict in order to build better understanding of themselves and others.
- Facilitate interactive and interpersonal workshops that help teams experience positive interactions in the moment that serve as a model for healthy organizational culture.

Pricing

We offer competitive pricing for our live training based on the number of trainings you would like to schedule and the number of participants. For non-profit organizations, we may provide discounted rates. To discuss pricing for your project, contact our Client Engagement Director, Erin Foster

erin@artesiancollaborative.com

Our Training Team



Founder & Leader Trainer, Dr. Sunitha Chandy, PsyD

is a licensed clinical psychologist who has been leading diversity and inclusion trainings since 2000. Her specialization with high risk populations in her clinical work has equipped her to aid teams, even those with intense conflict, in coming to a place of shared understanding and engagement.

Therapist-Trainers

Sithara Stohr, LSW

Ben Durchslag, LCSW

Ben Tudor, LMFT

Jackie Chavez, AMFT

Rosondunnii Marshall, LMFT

Certifications

NAICS Codes

621330 - Offices of Mental Health Practitioners

611430 - Professional and Management Development Training

Unique Entity ID

NFEBL8V2H1Y5

Certifications



Contact Information

Erin Foster

Operations & Client Engagement Director

773.980.9679 x 202

erin@artesiancollaborative.com

Sunitha Chandy, Psy D.

Founder & Licensed Clinical Psychologist

773-980-9679 x101


schandy@artesiancollaborative.com

Diversity, Equity & Inclusion

Why Bother with DEI?

Talking about diversity, equity and inclusion can cause discomfort and even outright resistance. We will help participants identify the emotions that cause resistance and share why DEI work is essential for the success of our organizations.

Training Details & Format

 2 Hours

 Live Virtual Session

 Unlimited Participants

Learning Objective

By the end of this training, participants will be able to recognize internal and external barriers to DEI and identify concrete next steps to address them.

Skills & Core Concepts Addressed

- Introduction to DEI
- Internal Barriers to DEI
- Cost of Ignoring Diversity

Why this? Why now?

By avoiding DEI work, we give room for fear and division to grow. We are missing an opportunity to bolster innovation and growth. Despite the urgency of the problem, the barriers to starting DEI conversations can feel so overwhelming that we'd rather not attempt them.

What is Artesian Collaborative's approach to this issue?

This training will help you get the conversation *started* in a healthy way. Our therapists create a safe space for a broad range of perspectives. Safety is essential for addressing barriers and beginning meaningful DEI work. By utilizing the *Observe, Listen, and Inquire Framework*, we will explore varying perspectives of what prevents people from engaging in DEI work. This process empowers participants to collaborate authentically and begin establishing solutions tailored to your team.

How will this training help my team grow?

A recent study featured in the Harvard Business Review found that “discuss[ing] challenging social and political topics at work is part of a mentally healthy culture.” (Harvard Business Review, Mind Share Partners, 2022) When an organization begins fostering diverse, equitable, inclusive environments, it is

modeling to employees at all organizational levels that healthy communication matters, especially when emotions like fear and anger are present.

Participant Feedback

"Through this training I have realized that we do not make time to have honest conversations about DEI topics at our organization. Learning about others' experiences has made me realize there is an urgent need for us to do so."

"My gender and culture both are in the minority here, but the openness to discuss and have your team articulate the problems using a solution focussed lens which is practical and feasible for us all, has been very helpful. I left the session very inspired and motivated, but more hopeful for the possibility of change."

"The Artesian Collaborative trainers have such an amazing and insightful approach. The observe, listen, inquire framework was a great way to engage. I LOVED this session."

"This training allowed space for questioning and admitting shortcomings while also still seeing how we can learn and grow with our strengths."

Engaging the Tension of Diversity (Virtual)

MOST POPULAR
TRAININGS

Tension is normal when addressing equity and inclusion. This reflective, 3-hour virtual session goes beyond the basics of diversity to unearth the underlying emotional barriers that keep us stuck.

Training Details & Format



3 Hours



Live Virtual Session



Unlimited Participants

Learning Objective

By the end of this training, participants will be able to articulate an understanding of self, identify the way they experience tension surrounding DEI work, and build an awareness of skills available to stay engaged.

Skills & Core Concepts Addressed

- Tools for Reflection
- Engage Intentionally
- Understanding Self
- Identity Awareness
- Naming Microaggressions
- The Tension of Privilege

Why this? Why now?

As we get deeper into discussions around diversity, tensions inevitably arise. It can feel like talking about our diverse identities only leads to further division. Experiencing tension can lead us to disengage from our work and relationships. This disengagement creates an unhealthy workplace environment.

What is Artesian Collaborative's approach to this issue?

Mindfulness is one of the most important tools to combat disengagement. In *The Tension of Diversity*, our therapists provide reflective space for individuals to contemplate the feelings, tension, and experiences that arise throughout the discussion. This format fosters the capacity for further exploration after the training and to engage with others in a way that feels intentional and builds connection.

How will this training help my team grow?

Learning how to engage with others in the midst of tension is essential to the fabric of a healthy workplace. With an emotions-focused DEI foundation, your team will be prepared to address the challenges of building a diverse, equitable, and inclusive culture, and successfully navigate tension when (not if) it shows up.

Participant Feedback

"I'm able to better understand what forces are driving my behavior. I now know what to improve and how!"

"This training has helped me shift toward a growth mindset. I have learned that diversity and inclusion should be recognized and respected in our work teams."

"I really enjoyed the pace of the training and the space allowed for self-reflection, rather than just a training on what being inclusive means."

"For the first time, I realized that I don't understand myself very well. The first thing I have to focus on is understanding myself so that I can better understand others."

Engaging the Tension of Diversity (Intensive)


RECOMMENDED
TRAININGS

This intensive training helps participants put DEI concepts into action. We expand on the topics presented in the virtual format of *Engaging the Tension of Diversity* by providing space for experiential skills practice and peer discussions.

Training Details & Format Options

 Customizable 1 Day or 2 Day Options

 In Person Only

 12-50 Participants

 Ideal for Management Level

Learning Objective

By the end of this training, participants will be equipped to engage in dialogue with others around topics of diversity. They will gain skills to seek deeper understanding of themselves and others when confronted with differences.

Skills & Core Concepts Addressed

- Group Discussion
- DEI Skills Practice
- Reflection Activities
- Navigating Tension
- Team Learning
- Interactive Experiences

Why this? Why now?

While we may have successfully internalized information about diversity, equity and inclusion, putting it into action is hard work. Even when our hearts are in the right place, we still run into sticky situations and conflicts. If we fail to develop the skills to have these conversations well, tension builds, productivity decreases, and burnout increases.

Like our other DEI offerings, the intensive format of *Engaging the Tension of Diversity* explores the underlying emotions that are causing tension but goes one step further to provide therapist-facilitated experiences that give your team space to navigate difficult discussions together.

What is Artesian Collaborative's approach to this issue?

If we address DEI issues through a relational lens with a focus on empathy, we can create space to have tense dialogue safely. All of our trainings are led by individuals who have a background in therapeutic techniques that can help teams manage conflict as it's happening. As leaders, it often feels easiest to avoid conflict around diversity. We will help you practice skills to navigate that conflict and use it for good.

How will this training help my team grow?

Building self-reflection skills increases our ability to understand our responses and better engage with others. Developing these skills can lead to growth in communication and hold space for multiple truths and stories.

Participant Feedback

"This is the best DEI training I've ever participated in."

"After training with a previous vendor, I was anxious to attend this session. The delivery in this class was VERY different - in a great way. I see the journey and actions I can take more clearly."

"It was powerful to hear stories directly from our colleagues during the session. This helped me understand and connect."

"This course feels more inclusive than others I've experienced, because it focuses on coming together and not the divide."

"I am glad to have resources to bring back immediately. This is something I've wanted."


"I appreciated the facilitation style - gracious delivery, open to going where the session needed and the energy was highly engaging. Overall great training."

"Facilitators were fantastic. Loved how inclusive they both were through the days and made the session so easy to want to talk about tough things."

Addressing Microaggressions

Learn intervention skills to effectively address workplace microaggressions that arise from unconscious bias. These skills reduce harm for the aggressed while fostering growth and connection for all parties involved.

Pertinent Details & Format Options

 2 Hours

  Virtual or In-Person

 Unlimited Participants

Learning Objective

By the end of this training, participants will be able to recognize microaggressions and intervene in ways that feel safe and supportive.

Skills & Core Concepts Addressed

- Acknowledging Bias
- Intervention Skills
- Bias Harm Reduction
- Self-Reflection

Why this? Why now?

Even once we've made progress in DEI, we know that microaggressions will likely still happen. So, what do we do? It can be difficult to know how to respond or even to recognize when a microaggression has occurred. If left unaddressed, the ongoing impact of microaggressions leads to distance and disconnection. This can weaken the synergy of any team, leading to disengagement and unsafe workplaces.

What is Artesian Collaborative's approach to this issue?

Many trainings provide good suggestions of 'what not to do' but rarely discuss the nuance of real human interactions. It feels risky to speak up when we notice microaggressions. While this training does provide practical skills on how to speak up, it also explores a deeper understanding of the emotions involved when a microaggression occurs, and how to shift our communication in these situations.

How will this training help my team grow?

Acknowledging bias and developing intervention skills ensures that everyone feels safe, heard, and supported within the workplace. Our therapists will help your team learn how to practice mindful awareness and self-reflection when microaggressions occur. Continuous reflection on our stories provides us with a

strong understanding of our differences and similarities. This form of engagement allows us to recognize how our behaviors affect one another as well as how to strengthen engagement and mend relationships when tensions arise.

Participant Feedback

"This training was helpful because everyone's feelings were validated. It gave space to think about the options of each party involved in a microaggression and how your decisions might impact the situation. I had not thought in depth about the impact speaking or not speaking up."

"The trainer's response to the different roles of the microaggression (aggressor and aggressed), were tailored to their specific circumstance. This was validating. I am seeing how these trainings plant seeds for further growth and change down the road."

Stress Management

Stress Management in Uncertain Times

MOST POPULAR
TRAININGS

This discussion-based training will help your team examine the emotional impact of destabilizing events, such as external societal challenges, grief, and organizational disruptions.

Training Details & Format



1 Hour



Live Virtual Session



Unlimited Participants

Learning Objective

Participants will learn skills to become aware of the stress they are experiencing. They will leave this training feeling validated and connected with their team.

Skills & Core Concepts Addressed

- Communal Care
- Identifying Stressors
- Processing Emotions

Why this? Why now?

Employees are dealing with numerous stressors inside and outside of the workplace. Many are wondering if their employers are equipped and able to support them. Failure to help employees manage stress can lead to high rates of burnout and attrition.

"Mental health challenges are now the norm among employees across all organizational levels. Seventy-six percent of respondents reported at least one symptom of a mental health condition in the past year, up from 59% in 2019." (Harvard Business Review, Mind Share Partners, 2022)

What is Artesian Collaborative's approach to this issue?

To get at the root of stress, we first need to feel seen and understood. This therapist-led training creates space for your team members to acknowledge the emotional impact of stressful events in their personal and work lives.

How will this training help my team grow?

For this training, we use therapy-based tools to foster meaningful connections. Rather than simply providing information about stress, we create an experience that enhances vulnerability and builds a sense of shared reality for your team.

This training provides a safe space for your team to process stress. Once safety is established, it can open us up for the next step in our mental health journey.

Participant Feedback

"Thank you for providing the space for the Leadership Team to connect, reflect and take-on additional resources as we continue to lead on this curvey uncharted path. If we don't take care of ourselves we are not offering our full selves personally or professionally. "

"It's helpful knowing that we are not alone in our feelings and anxieties."

"This training has given me skills to bring myself out of the spiral we tend to fall into with stress and anxiety."

"Thank you for enabling our team to learn from you and build resilience in a way that is emotionally open. My sense is folks felt very safe and therefore, able to be vulnerable."


"This training illustrates that even though many of us are struggling, small changes can really help."

"I enjoyed hearing tips from a mental-health professional on how I can bring more intentionality into my everyday life and how to view and use my emotions."

Burnout & Imposter Syndrome

Many of us are more insecure about our work than we realize. Together we'll explore the stress that Imposter Syndrome causes and how it can increase our risk of burnout.

Training Details & Format

 2 Hours

  Live Virtual Session

 Unlimited Participants

Learning Objective

By the end of this training, participants will be able to identify the impacts of imposter syndrome in their work. They will also be able to self-assess their risk of burnout and take steps to address it.

Skills & Core Concepts Addressed

- Imposter Syndrome
- Understanding Emotions
- Risk of Burnout Self-Assessment
- Burnout Prevention

Why this? Why now?

Most of us feel more insecure about our work than we realize. When we're constantly worried about making mistakes, the resulting stress can push us to burnout.

What is Artesian Collaborative's approach to this issue?

The antidote to imposter syndrome is vulnerability. When we're able to share our fears, and see that others on our team are feeling the same things, it helps us know we're not alone.

In this training, we will define imposter syndrome and create a safe place for your team members to share the ways that imposter syndrome impacts their work. With this foundation of connection and trust, we will then examine how the stress we've been carrying is pushing us toward burnout.

How will this training help my team grow?

Our goal is for your team to experience a 'breakthrough moment' as they realize they're not the only ones dealing with imposter syndrome. Once everyone breathes a collective sigh of relief, we can then begin to assess our stress levels

and risk of burnout together. Your team will gain language and framework to discuss burnout and learn strategies to address it.

Participant Feedback

"This training has given me ways to tune into myself when my 'warning lights' come on and to be more aware of my mental health."

"The educational component of this training gave our people the tools to counteract burnout and compassion fatigue, took away the stigma around it, and left our team with a sense of hope. People felt comfortable being themselves, discussing questions out loud, and feeling understood."

Stress Management Skills

RECOMMENDED
TRAININGS

This training provides an in-depth exploration of four key stress management skills with opportunities for live practice, coaching, and at-home exercises. We offer two formats: a one-time 3-hour intensive, or a series of four 1-hour sessions that allow learning and practice to be spread out over several weeks.

Training Details & Format

 3 Hour Intensive or Series of Four 1 Hour Sessions

  Live Virtual Session

   Unlimited Participants for Intensive, Up to 15 Participants for Series

Learning Objective

By the end of this training, participants will be able to identify the impact of stress in their lives and will leave with a toolkit of stress management practices to use in their work and personal lives.

Skills & Core Concepts Addressed

- Impact of Stress
- Reducing Stress
- Coping Skills
- Mindfulness Exercises
- Self Care
- Mental Calm

Why this? Why now?

Identifying stress is an important first step. But creating culture change in our organizations means going beyond simply identifying stress and mastering skills that will help our people thrive.

Instead of trying to perform triage after people burnout, this training provides your team with preventative care strategies, empowering them to better manage stress in their day-to-day work life.

What is Artesian Collaborative's approach to this issue?

There are many stress management tips you can find on your own. The power of this training is that you and your team are practicing stress management skills together with the guidance of a professional therapist. Our goal is to provide skills that can be applied immediately in the workplace context.

How will this training help my team grow?

Our therapists will provide a toolkit of the therapeutic stress management practices that your team can use every day. As you put these skills in to practice, your team will become more grounded, less stressed, and more engaged with work. Investing preventative care now helps avoid numerous problems down the road including burnout, productivity and employee retention.

Participant Feedback

"You guys were great. Gave me lots of perspective. Amazing experience. Thank you!"


Relational Leadership

Bring Your Emotions to Work

RECOMMENDED
TRAININGS

This training strengthens emotional intelligence by helping participants understand the purpose of emotions and basic skills for regulating them. We'll learn to start translating what our emotions are communicating and learn how they can help us achieve our goals at work.

Training Details & Format

 2 Hours

 Virtual or In-Person

 Unlimited Participants

Learning Objective

By the end of this training, participants will be able to recognize the purpose and flow of emotions as well as develop skills to regulate their emotions.

Skills Addressed

- Observing Emotions
- Internal Awareness
- Emotional Regulation
- Presence & Engagement

Why this? Why now?

Emotions don't belong in the workplace! At least that's what we're often conditioned to believe. The reality is, we all experience many emotions throughout the workday. If left unacknowledged, these emotions can cloud our judgment, create difficulties in completing tasks, and overwhelm us. Learning to understand and manage our emotions can help us support ourselves and others so we can all put our best forward.

What is Artesian Collaborative's approach to this issue?

We cannot simply turn off our emotions. Our therapists are uniquely equipped to help participants recognize how emotions show up in everyday workplace situations. We'll work together to deepen our understanding of the process and flow of emotions and expand our skills to manage the emotions we're experiencing in healthy ways.

How will this training help my team grow?

Your team will learn strategies to better understand emotions, observe their influence, and know when to implement regulation skills to stay focused and calm throughout the day. This ability to ground ourselves helps us do our best work and engage with our peers in productive ways.

Participant Feedback

"This training helped me feel less alone in my emotions and experiences."

"I love the interaction and advice on how to manage my emotions."


"The Q&A portion offered good advice on how to process my emotions more effectively and tips on setting healthy boundaries."

Equipping Relational Leadership

MOST POPULAR
TRAININGS

Together we'll learn more about the social and relational dynamics that can build up our teams or tear them down. We will also practice skills to identify areas of growth for your organization and chart steps to build a healthy corporate culture.

Training Details & Format

 2.5 Hours

  Virtual or In-Person

 Unlimited Participants

 Ideal for Management Level

Learning Objective

By the end of this training, participants will be able to understand leadership from a relational perspective and develop skills to communicate and support their teams.

Skills Addressed

- Seeking Understanding
- Engaged Listening
- Navigating our Many Roles
- Manage Workplace Pressure
- Burnout Prevention

Why this? Why now?

Are your leaders feeling disconnected from their teams? Are you hoping to build leadership that is sustainable, interpersonal, inclusive, and intentional?

This training breaks down how leaders can be intentional in their relationships and engagement. This intentionality increases a leader's understanding of themselves, their teams, their company, and how all of these aspects of their role as a leader can be aligned.

What is Artesian Collaborative's approach to this issue?

We've all experienced poor leadership at some point in our lives. These forms of leadership leave our teams vulnerable to burnout, disengagement, and overall poor performance.

This training focuses on developing observation, listening, and inquiry skills to assist leaders in intentional engagement with their teams. This focus includes how to develop an inclusive leader's mindset, skills to maintain strong relationships, and understanding of how each part of the company and team work together best.

How will this training help my team grow?

Inclusivity and relational leadership are sustainable practices that create a workplace where all individuals can feel connected to the team. These skills will help your leaders notice needs, shift their communication, and overall help the entire team better engage with your company's goals and values.

Understanding relational dynamics is a key component of the therapeutic techniques we teach, and is essential for developing the type of leaders that help organizations thrive.

Participant Feedback

"This training created the conditions for an engaging learning experience that embraced multiple learning styles. Validation and summarizing of people's experiences throughout was reassuring and empowering. Also impressive how AC has stayed on the cutting edge of zoom functions like the whiteboard to create an experience that mimics being in person. Drawing the connection from a family system to an organizational system was very helpful and using the personal example modeled vulnerability and created space for others to feel comfortable and share themselves. It was great seeing people light up as the training continued to unfold. The participant packet was useful once I started using it. The journaling and music was also a nice touch to reflect internally in the comfort of the group."


"The framework of relational leadership helps me to evaluate relationships and, as a leader, how to make sure I'm applying those values in my interactions to maintain a healthy workplace culture. I always enjoy breakout rooms and activities."

"This training grounded our team with a model to help navigate our current position and where we are headed. It gives us a reference point and the ability to have seeds planted for future discussions."

Emotional Core Strength

This workshop focuses on uncovering the values and beliefs that help you maintain your balance as you navigate through your varied roles, personal and professional. We'll practice skills to incorporate these values into our daily lives and work.

Training Details & Format

 2 Hours

 Virtual or In-Person

 Unlimited Participants

Learning Objective

By the end of this training, participants will be able to identify the core values that shape their lives and integrate those values into their work life.

Skills & Core Concepts Addressed

- Chronic Stress
- Stress Management Skills
- Internal Conflict
- Personal Core Values
- Values Integration
- Intentional Living

Why this? Why now?

Many of us are feeling unmotivated at work. While the most restrictive constraints of the pandemic are behind us, many workplaces are still finding that their employees are having significant difficulty adjusting mentally, emotionally, and socially to chronic stress as they try to regain forward momentum in their professional and personal lives. Finding ways to motivate employees can be challenging, especially in these times of collective transition.

Ignoring the deeper root of chronic stress in your workforce or glossing over it with self care strategies that serve as a band-aid can leave employees feeling further disconnected and isolated.

What is Artesian Collaborative's approach to this issue?

This training provides organizations a unique approach to acknowledge their employees as whole people, both in and beyond the workplace. In doing so, we give space for participants to reflect on what matters to them most in life, and

develop a meaningful vision for their future as a way of sparking collaboration, motivation, and connection.

We will also support participants to explore the root of chronic stress by becoming more aware of their inner critic. We provide experiential activities, visualization, and small group discussion to help participants build connection while exploring their individual and shared values.

How will this training help my team grow?

Empowering employees to reflect on and share what matters most to them helps build connection in ways they may not otherwise be able to do.

This training takes a unique approach to coping with stress by giving participants a chance to look at how they make meaning in their lives while developing tools for thinking about how to overcome stress related challenges in the workplace. The experience of identifying values as the building blocks of their goals, provides participants the experience of taking action from a place of purpose rather than having their stressful emotions choose for them.

Participant Feedback

"It was helpful that we were able to disconnect from our professional selves and to further discover what brings us into the position we are today. I think this is an excellent opportunity for us to feel the cohesiveness and re-focus on our purpose and goals."

"The trainers' tone was welcoming, warm, and natural. It makes me as a participant to feel accepted at the training."

"These help me put what is important into perspective and connect with something bigger than me."

artesian *collaborative*

77 W. Washington St. Suite 1500
Chicago, IL 60602
773.980.9679
artesiancollaborative.com