



# **Michael Lewis Training, Motivation and Development**

## **Our Most Popular Webinars**

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Thank-you!

Here are some of our most requested webinars. All are around 45 - 60 minutes in length including time allotted for questions and answers and / or group discussion.

Webinars and virtual presentations are perfect for when your learning needs can be met virtually. More and more organizations, groups, associations, businesses and the public sector, are embracing the mutual convenience and ease of coming together online for learning, sharing, connecting, and collaborating.

The inspiring virtual world awaits and its just a few clicks away!

**More information is available at**

[www.michaellowistraining.ca](http://www.michaellowistraining.ca)

## **Investing in You: Examining Your Wellness Strategies!**

- A look at personal wellness during a tough and unpredictable year!

## **Change Is Inevitable: How to Think and Work Your Way Through Change!**

- This year is a lesson for all of us on “imposed” change...so how do we make change work?

## **How to Make Things Right When Things Go Wrong!**

- All about the restoration of relationships when they become strained or damaged.

## **Ending Gossip and Addressing Toxic Conversations in Your Workplace!**

- A “how-to” webinar on addressing and ending gossip.

## **The Art of Constructive Advice!**

- How to tactfully present advice that someone might not take well.

## **...And Other Duties as Assigned!**

- A great look at solutions for a busy life and great ways to get organized.

## **Stress Survival “Kit”: What to Pack for Work, Home and Life In Between!**

- Stressed? Learn a few helpful tips that can really help?

## **Practicing Wellness and Managing Stress: During the Challenging Times of COVID and Beyond!**

- Discover the path and solutions to better personal wellness.

## **Communication Toolbox: Strategies for Communicating Effectively, Assertively and Clearly!**

- A broad selection of communication tools and tips that can make an immediate difference.

## **Examining Ethics: An Honest Look at Ethics and Ethical Behaviour!**

- Are we ethical people and do we know right from wrong?

## **Leadership in Changing and Challenging Times!**

- Discover what it takes to lead your team successfully through change.

## **Art of Delegation: How to Delegate Responsibility with Respect!**

- Empower others, increase productivity, and FREE yourself to do more important work.

## **Sitting Next to Greatness: The Benefits of Being or Having a Mentor!**

- Pay it forward as a mentor and learn that you can make a difference!

## **How to Create Your Own Action Plan for Less Stress!**

- Stressed? Overwhelmed? You need a plan to when it comes to stress!

## **Dealing with Difficult People: Seven Simple Solutions to Success!**

- Seven steps to take when you have someone who can be difficult.

## **Dealing with Toxic People: A Survival Guide to Toxic People and their Behaviours!**

- A serious look at toxic people and their behaviours and confront them successfully.

## **Winning Their Hearts and Minds: The Keys to Improving Employee Engagement!**

- Learn what it takes to keep good people doing good and feeling satisfied at work.

## **Workplace Personality Dynamics: Understanding What Makes People Tick!**

- Discover the four core personalities you need to know and understand.



### **Respectful Communication: Strengthening Workplace Relationships!**

- Respect is a core value that is so important in positive, productive relationships.

### **How to Motivate Yourself to Stay Positive, Energized and Focused!**

- Discover what it takes to be at your best and ready to take on life!

### **Laughing at Stress: Humour in Times of Change!**

- A lighthearted yet solutions packed webinar on how humour and stress management works.

### **It's A Pleasure to Meet You: Tips on Networking**

- A great look at how to be a pro at networking at social and business events.

### **Working Together to Approach Conflict and Difficult Situations Positively**

- Where there is people, there will be disputes and conflicts so learn solutions on how to get along.

### **Developing Resilience: Overcoming the Barriers and Challenges to Becoming Resilient**

- Discover how we are stronger and more resilient than we know with these strategies.

### **Speak Up, Stand Up: Assertiveness and Communication Skills that Make a Difference!**

- Become more confident, develop your assertiveness and communication skills.

### **We Are Stronger Together, And Together We Can Be Amazing!**

- A special presentation that celebrates our victory of coming together over COVID!

### **Coming Out of the "Cave": Solutions to Address Return to Work Anxiety**

- Great and practical solutions for those who are experiencing some anxiety.

### **Fostering Mental and Emotional Wealth: Addressing Burnout, Creating Supportive Cultures**

- After languishing under lockdowns, discover why we need to tackle burnout and how cultural change can play an important role.

### **Enough Is Enough: Taming Toxic Workplace Attitudes and Behaviours**

- People didn't sign up for this and left unaddressed and unchallenged – it is a growing problem that only gets worse!

### **Addressing Workplace Gossip: Ending Toxic Conversations, Restoring Positivity!**

- The rewards and benefits of mitigating and ending gossip workplace are many...and appreciated by all.

### **The Many Worlds of Rest: Examining What REAL Rest Is and How to Make Rest A Priority!**

- Discover what it takes to ensure a fully rested life so you can take of life's challenges.

### **The Emergence of Compassionate Leadership!**

- How leaders lead with empathy to accomplish goals and objectives.

### **Looking Back: A Reflection on The COVID Lessons Learned!**

- A reflection on just some of the lessons that we should take forward – post-pandemic.



## We Love Your Thoughts, Ideas and Suggestions for Webinars!

If you don't see a title or topic that suits your needs, we love to hear ideas and suggestions for webinars.

With three decades of training experience, we have vast selection of presentations and seminars on-hand and can create a custom-tailored webinar to your exacting needs and interests.

- 1) Start by surveying your group or team for what challenges they face and the solutions they would like to see explored and examined in a webinar.
- 2) Share your feedback with us and we can then create and propose an outline for a webinar.
- 3) We will work with you to get it right and when we have done that, we'll provide a promotional description with learning outcomes to share with your group or team.

It's just that simple. You become an important partner in the creative process and in doing so, we can create and deliver a webinar that is a perfect fit for your needs. It's WIN-WIN!

## Live Webinars – (45-60 min) – Presented Live

We have hundreds of ready-to-present seminars that are through the magic of video training easily delivered as webinars. Webinars run **45 – 50 minutes of webinar** with time left at the end for questions / answers / sharing of ideas and solutions.

### Best suited for...

Groups that have identified specific learning needs often generated in advance. Perfect when in-depth learning is required but compact enough that on-line fatigue will not happen. Best for virtual meetings and conferences.

**Time:** Designed to be delivered in 45 -60 minutes but can be scalable to time requirements.

## Benefits of Live Webinars.

Live webinar experiences...

Can be delivered through many online delivery platforms including ZOOM.

Are ideal for virtual meetings and virtual conferences.

Allot time for questions and answers at the end.

Are presented live and thus you experience expertise, enthusiasm, energy, and humour.



## How Do Live Webinars Happen?

- 1) First, we select a topic/title, and we choose a date and time for the webinar to be presented.
- 2) You decide on what virtual platform to use. We recommend **ZOOM** as it is so easy to use, and some many people have had some experience with it.
- 3) You send us an “invite” – this you do through **ZOOM**.
- 4) We always recommend we do a “dry run,” so you’d send us the “invite” for the date and time we agree on.
- 5) We meet online for the “dry run” and make sure that everyone knows how everything works.
- 6) Then, you send us an “invite” for the actual webinar.
- 7) And that’s all there is to it.
- 8) On the day of the webinar, we connect about 15 minutes ahead of the scheduled time.
- 9) Then... it is SHOWTIME!
- 10) We provide handouts and a bio/intro so you can ensure all have a great online experience.

There are wonderful video tutorials that can explain how it all works online.

And it is possible that someone in your team or group has a lot a familiarity with ZOOM that they could act as host for the event. If you have any questions, please let me know. Everyday millions of people are video conferencing online and are amazed how easy it is to do!

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## Pre-recorded Webinars – (30 - 60 min) – Viewable On-Line

Pre-recorded webinars are a great option for groups that may not have the time or ability to meet on-line.

Pre-recorded webinars are like watching streaming video but offer many advantages to live webinars. They allow groups to watch them when they want, how they want and when they want ...so they are easy to watch and convenient to see.

**Best suited for...**Groups that wish a mix of custom tailored, content rich and solution-oriented material but desire a platform for group discussion.

**Time:** Designed to be delivered in **30- 60 minutes** but can be scalable to time requirements.

## Benefits of Pre-Recorded Webinars.

Pre-recorded webinars have many advantages over live webinars.

Pre-recorded webinars...

Can be viewed by anyone at any time, anywhere and on any device....including your phone!

Can be viewed on a laptop or desktop computer and shown to a group.

Can be viewed in the comfort of your home at a time that is convenient to view.

Are super easy to view – takes only two mouse clicks and you are watching the webinar.

Are just like streaming videos, they can be paused, “rewound” or advanced to wherever you want.

*Self-paced* – can learn and engage at one’s own pace to learn.

Can be watched again – as often learning happens when we experience it again.

Are ideal if your internet connection isn’t very fast...pre-recorded webinars can be viewed on modest internet speeds.

Allow someone to act as the facilitator as they can pause the webinar to lead discussions with their staff.

Can introduce interesting and challenging case studies for group problem-solving.

Can provide proof of attendance – so you know staff have viewed and experienced the webinar.

Can provide a **“facilitator” handbook** – ideas on how to make the learning experience better.



## WHAT'S INCLUDED IN A WEBINAR EXPERIENCE?

Your presentation or webinar is custom tailored to your groups needs.

Live webinars are available through various on-line meeting platforms with ZOOM being the most popular choice.

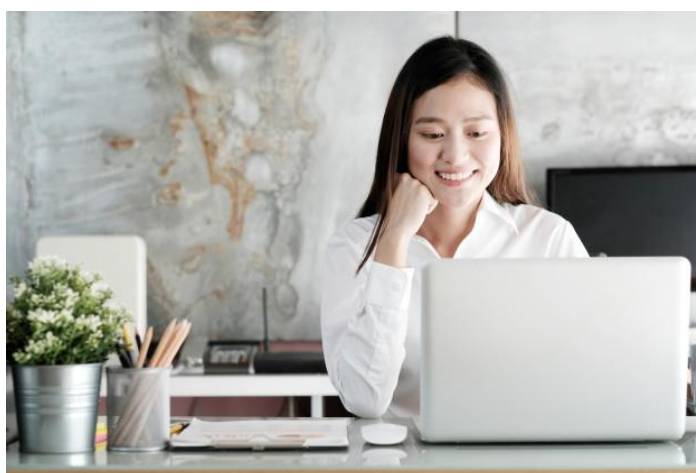
Pre-recorded webinars are viewed through our website and are viewed as a MP4 video so that means it can be seen on ANY desktop, laptop, tablet or even your phone!

A synced PowerPoint presentation with powerful imagery is included.

We create visually compelling webinars and use a professional sound and lighting studio, so you get a superior online experience.

A copy of all presentation or webinar materials – available as a download from my website and/or sent by email in .PDF format before or after the event.

“Dry” run – we will whenever possibly do a practice run in advance to ensure our mutual technology works well at both ends and that there are no surprises.



# The BENEFITS of WEBINARS

## **It's Cost Effective!**

Enjoy all the same seminars that are available in-person but without any added costs of travel. We offer flexible pricing based on group sizes for both our Power Presentations and Webinars.

## **It Saves Time!**

No travel for attendees means saved time and expenses. Virtual presentations and webinars are perfect when attendees reside in various locations and would have had to travel to attend a traditional in-person seminar.

## **It's Weatherproof!**

Poor weather and travelling conditions will not stop a presentation or webinar so there is never the need to cancel or reschedule.

## **It's Convenient!**

Scheduling made easy. We can schedule a webinar when you and your group want it. We can send out an invite and even provide a promotional teaser to get your people interested. Pre-recorded webinars can be viewed any time, any where and on any device!

## **It Fits Everyone's Schedule!**

Webinars are only 45- 60 minutes. If you or your group are busy people, on-line learning is easy to schedule into a busy life!

## **It's Scalable!**

Whether for a small and intimate group or for something much larger, webinars are perfect for any setting.

## **It's Viewable Anywhere!**

On-line presentations and webinars are viewable from anywhere, on any device. You can join in from the comfort of your home, your deck, your sofa... or from work. And people can join in from anywhere.

## **Fee Structure**

**Affordable** rates start at **350.00 plus HST** for webinars – depending on length and scale. We are always happy to work with you to fit your budget.

Rates negotiable for multiple same day webinars such as for virtual conferences.

**Rates negotiable** for pre-recorded webinars.

**Fees above subject to change.**



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