

WORKSHOP CATALOG

TRAIN. EMPOWER. TRANSFORM.
Empowering People. Equipping Leaders. Transforming Lives.

LEARN. LEAD. IMPACT.



Building Skills.



Strengthening Teams.



Driving Results.

BUILDING STRONGER FUTURES

- ✓ TEAMWORK
- ✓ COMMUNICATION
- ✓ LEADERSHIP
- ✓ GROWTH
- ✓ SUCCESS



Cathie Garner
FACILITATOR



**PROFESSIONAL
DEVELOPMENT**



**PERSONAL
GROWTH**



**TEAM
SUCCESS**



**DRIVING
RESULTS**





EMPOWERING PEOPLE. STRENGTHENING ORGANIZATIONS.

Work with Me Professional Services

delivers engaging training and development solutions that build skills, boost performance and create lasting impact.



Work with Me Professional Services

TRAINING SOLUTIONS THAT WORK



LEADERSHIP & MANAGEMENT

Build strong leaders and effective teams.



CUSTOMER SERVICE EXCELLENCE

Deliver outstanding service that keeps customers coming back.



TEAM BUILDING

Strengthen collaboration, trust and communication across teams.



PROFESSIONAL DEVELOPMENT

Enhance skills and confidence for career and organizational growth.



VISION & GOAL PLANNING

Turn your vision into action with practical strategies and tools.



MINISTRY LEADERS WORKSHOPS

Equip ministry leaders with tools to inspire, lead and serve effectively.

Benefits You Can See

- ✓ Stronger Teams
- ✓ Better Communication
- ✓ Increased Productivity
- ✓ Higher Engagement
- ✓ Measurable Results



Training for today.
Impact for tomorrow.



TRUSTED BY ORGANIZATIONS THAT LEAD



U.S. ARMY



SCHOOL DISTRICTS



LARGE CORPORATIONS



USAA

“Employee training and development is an organizational activity in human resource management aimed at impacting the employees with skills aimed at bettering the performance of both the individual and the organization.”

www.sixsigmaonline.org



Cathie Garner

Trainer | Facilitator | Speaker

LET'S WORK TOGETHER!



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The only thing worse than training your employees and having them leave is not training them and having them stay. Henry Ford



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About Us

Work With Me Professional Services LLC

Successful organizations recognize that a strong, high-performing culture does not happen by chance—it is intentionally developed and sustained through investment in people. Building exceptional teams begins with equipping employees with the personal and professional skills needed to perform at their highest level.

Investing in employee development creates a greater return on investment by increasing engagement, strengthening employee loyalty, and helping team members feel valued and appreciated. A commitment to continuous learning also helps reduce employee turnover, improve productivity, and support long-term organizational success.

Work With Me Training Services provides customized training solutions designed to strengthen essential soft skills and enhance the performance of frontline employees, managers, and executive leaders. Our programs focus on developing stronger communication, teamwork, leadership, customer service excellence, and workplace effectiveness.

We partner with organizations to create the professional framework needed to build and sustain a customer-focused service culture through quality training, coaching, employee development programs, management training, and performance improvement workshops.

Through practical strategies, interactive learning experiences, and expert guidance, **Work With Me Training Services** helps organizations cultivate a positive, productive culture of growth and learning—empowering individuals and teams to achieve greater success.

Mission Statement

The mission of **Work with Me Professional Services LLC** is to provide the right high-quality services, as well as the motivation and inspiration, needed to help individuals and teams enhance their personal and professional development to support their vision of reaching their full potential. We are committed to our mission and take pride in becoming a strategic partner here to help you meet your objectives. We are here to help you develop the skills you need to succeed!



WORK WITH ME TRAINING SERVICES TRAINING/WORKSHOP CATALOG

Professional Development – Targeted training for a specific group audience (ex, frontline, management or executive levels). The purpose is to enhance the behavioral and life skill competencies, the knowledge, skills and abilities (KSA) as well as soft skills needed to improve professional performance and productivity.

Personal Development – Our personal growth and development trainings and workshops are aimed at enhancing behavioral and life skill competencies, as well as developing the personal unique qualities in an individual. They focus on achieving individual goals, self-awareness, self-discovery and self-improvement.

Build-A-Team Workshops – Group or team workshops that focuses on building top performing teams and relationships.

Ministry Leaders Workshops – Our church leadership workshops seek to educate and provide help to Ministry leaders as they develop and enhance their leadership skills and their ministries.

What are Soft Skills?

Soft skills are personal qualities and interpersonal abilities that affect how you work and interact with others. Unlike technical (hard) skills, soft skills are useful across almost every job and in everyday life.

Some common soft skills include:

- **Communication** – Expressing ideas clearly and listening effectively.
- **Teamwork** – Working well with others to achieve shared goals.
- **Problem-solving** – Finding practical solutions to challenges.
- **Time management** – Organizing tasks and meeting deadlines.
- **Adaptability** – Adjusting to new situations and changes.
- **Leadership** – Motivating and guiding others, even if you're not a manager.
- **Critical thinking** – Analyzing information before making decisions.
- **Emotional intelligence** – Understanding and managing your own emotions while recognizing others' feelings.
- **Conflict resolution** – Handling disagreements calmly and constructively.
- **Work ethic** – Being reliable, responsible, and committed to doing quality work.

Soft skills are highly valued by employers because they help people collaborate effectively, adapt to change, and build positive workplace relationships. Many employers consider them just as important as technical skills.



WORK WITH ME TRAINING SERVICES TRAINING WORKSHOP DESCRIPTIONS

PROFESSIONAL DEVELOPMENT - WORKPLACE DEVELOPMENT

Creating an Ideal Organizational Culture

Every organization has its unique style of working which often contributes to its culture. The shared beliefs, ideologies, principles and values of an organization form its culture. The culture of the workplace controls the way employees behave amongst themselves as well as with people outside the organization.

This workshop will look at what it takes to build the ideal organizational culture. It will examine the responsibilities (such as taking ownership and accountability) of the individual as well as the organization.

Change Management: Understanding and Accepting Change

Understanding and accepting change is one of the most difficult things for an individual and a company to do. This workshop will introduce the change cycle model and ways to help facilitate change in the workplace.

Multi-Generational Workforce

Why are we the way we are? There are distinct behaviors that identify each generation. Each generation draws from their own experiences, influences and environment. We will identify each generation and describe their characteristics. Participants will learn to understand the various generations present at work, and understand what motivates them and dealing with them on a daily basis. Both We'll discuss the trends and misconceptions that shape the multi-generational workforce and learn how to better work together.





WORK WITH ME TRAINING SERVICES TRAINING WORKSHOP DESCRIPTIONS

LEADERSHIP DEVELOPMENT

Coaching and Mentoring

Coaching and Mentoring focuses on how to better coach your employees to higher performance. Coaching is a process of relationship building and Goal setting. How well you coach is related directly to how well you are able to foster a great working relationship with your employees through understanding them, and strategic goal setting.

What Type of Leader Am I?

Are you a democratic leader, an autocratic leader or a transformational leader? Different types of leadership styles are presented and examined. Discussion is based on the results of a leadership style quiz taken by each class participant. By learning the various types of leaders, you can better understand why you lead the way you do and how you can improve.

The Making of a Great Manager

What makes a great Manager? This workshop takes a deep dive into the various management styles. We will discuss what a “bad” vs “good” manager looks like. We will discover what some experts believe are important tools towards becoming a great Manager. This workshop invites an open discussion on the subject. You are encouraged to share your ideas and experience.



“If you take out the team in teamwork, it’s just work. Now who wants that?”

Matthew Woodring Stover 8



WORK WITH ME TRAINING SERVICES TRAINING WORKSHOP DESCRIPTIONS

CONFLICT MANAGEMENT

Managing Conflict: Overcoming Difficulties in the Workplace

Conflict is inevitable and isn't always bad. In this workshop, we will discuss the various types, levels and approaches to conflict in the workplace. Part of the workshop will reference the New York Times best seller, *The Five Dysfunctions of a Team* by Patrick Lencioni. Examining each dysfunction, we will discuss how to manage conflict more effectively in our workplace. We will also introduce the Grow Model for conducting those crucial conversations.

Dysfunctional Teams

This session was inspired by the book, *The 5 Dysfunctions of a Team* by Patrick Lencioni. The five dysfunctions are introduced along with a robust discussion and exercises about the importance of trust. We will discuss why teams become dysfunctional and how to remedy it. We will also discuss the best ways to build trust within our teams.

Working with Different Styles in Your Team

There is no right or wrong working style – every workplace needs a lot of different types of workers in order to function efficiently. Just imagine if everyone was an independent, creative and visionary type. Nothing would ever get done. On the other hand, a workplace filled with detail-oriented planners would quickly get bogged down in minute. The key is to know your own style, so you can be more aware of how you're communicating with others.

COMMUNICATION

Can We Talk? Effective Communication in the Workplace

Effective communication requires both active listening and speaking to be understood. In this workshop, we discover different styles of communication and how they can be interpreted. Is the other person decoding correctly what you are sending? We explore the different ways to communicate more effectively.

Delivering Constructive Criticism

This session will provide great benefits to your organization. It offers options for management to nullify problematic behaviors and develop well rounded and productive employees. Constructive feedback shows an employee that management cares about them and will invest time and effort into their careers.



WORK WITH ME TRAINING SERVICES TRAINING WORKSHOP DESCRIPTIONS

CUSTOMER SERVICE

Customer Service Training / Serving Customers

How would your customers rate the service you provide? This training defines what customer service is and the importance of going the extra mile. It focuses on providing quality service by developing a customer-centric culture. We will demonstrate how to properly interact with customers and deal with difficult ones.

Handling A Challenging Customer Workshop

Your participants will learn how engaging customers properly can benefit both the employee and customer. Effective customer service can change a company's reputation for the better. Through this workshop, your participants will gain a new perspective on how to react to negative customers and leave the customer satisfied and as a returning customer.





WORK WITH ME TRAINING SERVICES TRAINING WORKSHOP DESCRIPTIONS

BUILD-A-TEAM WORKSHOPS

Empowering the Team

Empowering gives authority to somebody; to give somebody power or authority; make more confident or assertive; to give somebody a greater sense of confidence or self-esteem (www.britannica.com/dictionary/empower). This session highlights the benefits of an empowered team in the workplace. It also illustrates the symptoms of a disempowered team. We conclude the session by identifying and creating an empowered environment. We will analyze empowerment and how empowering your team will sustain an environment where employees will thrive. We'll also briefly look at what makes a team dysfunctional.

Employee Engagement

How engaged is your team? What does it look like when your employees are engaged? How does it benefit the work environment, productivity and commitment? We will define the concept of employee engagement, behaviors and employee care. We'll discuss the top drivers of employee engagement.

Teambuilding Workshops

Our team-building workshops are great for any organization or group that would like to build a stronger level of trust and camaraderie. Our team-building workshop will encourage participants to explore the different aspects of a team. The goal of our workshops is to boost morale, strengthen relationships, improve communication and increase productivity. Our approach employs fun and creative activities to engage our participants, to stimulate creative thinking and remind them it's about the team.





Work with Me Training Services Training/Workshop Descriptions

PERSONAL DEVELOPMENT

Who Am I, Really?

This is a workshop about self-exploration and gaining a deeper understanding of yourself. You will derive new insights about who you really are. You'll leave this session with a better sense of self-awareness, self-discovery, and personal growth. We discuss the various personalities traits and how they interact with others. We examine the four areas of the Johari Window model and how it impacts our lives. We will look at the results of your personality quiz.

What's My Motivation?

The motivation workshop will give participants several tools to become a great motivator, including goal setting and influencing skills. Participants will also learn about five of the most popular motivational models. This session also looks at concepts introduced in the book, *Drive* by Daniel Pink. It takes a deeper look at what motivates us. We will discuss the benefits of extrinsic and intrinsic motivators as well as the importance of AMP: Autonomy, Mastery and Purpose as key factors for achieving job satisfaction – not only within yourself but with your team. We will introduce various motivational theories and methods.

Vision Boards

Beyond the Vision Board

You've created your vision board and are wondering what the next step should be. The Beyond the Vision Board (BTVB) workshop is your next step. The BTVB workshop gives you an easy step-by-step roadmap for creating a winning plan of action to achieve your goals. Employing the BTVB planner (available for purchase) will take away the guesswork and the excuses. This workshop will provide you with the tools needed to bring your vision board goals to reality.

Ten Soft Skills You Need Workshop

With our Ten Soft Skills You Need workshop your participants will begin to see how important it is to develop a core set of soft skills. By managing and looking at the way people interact and seeing things in a new light, your participants will improve on almost every aspect of their career.

***“Personal growth is not a matter of learning new information
but of unlearning old limits.” Alan Cohen***



WORK WITH ME TRAINING SERVICES TRAINING WORKSHOP DESCRIPTIONS

MINISTRY LEADERS WORKSHOPS

Getting the Most from your Ministry Volunteers *(Spiritually based)*

Ministry leaders need the right tools to develop effective and committed ministry teams and to help them grow to their fullest potential. One of the goals of good Ministry leaders are to enhance the effectiveness of their ministries and to develop high performing and engaged volunteer teams. This session will help ministry members learn the skills needed to improve the effectiveness and productivity of their ministries. We will discuss what it takes to build a positive and cohesive team that focuses on the building up of God's Kingdom

Who "I Am" Workshop *(Spiritually based)*

Dr. Wayne Dyer said, "Anytime you start a sentence with I Am, you are creating what you are and what you want to be." Bevan Lee said they are "the most powerful words: for what you put after them shapes your reality." Jesus used the term seven times in the Gospel of John to describe who He is and to claim His identity to God. We'll explore and discuss the truth of those words and gain a better respect for these very potent words and how they can positively and powerfully impact your life.

Servant Leadership *(Spiritually based)*

Servant leadership is a leadership style that focuses on serving others by putting the needs of their team first. We'll discuss what that looks like and how it benefits the entire team (especially the leader).

With our "Servant Leadership" workshop, your participants will discover the specifics of how servant leadership works and how it can benefit leaders and employees!



Their responsibility is to equip the Saints for the work of ministry, for building up the Body of Christ... Ephesians 4:12



**I'M INTERESTED IN LEARNING MORE ABOUT THE WORK WITH ME
TRAINING SERVICES LISTED BELOW FOR MY:**

_____ **EMPLOYEES**
_____ **TEAM**

_____ **SOCIAL GROUP**
_____ **MINISTRY**

NAME:
ORGANIZATION:
EMAIL:
TELEPHONE:

EXAMPLE: *Dysfunctional Teams*

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NOTE:

Meet Cathie J. Garner

Cathie J. Garner brings decades of experience in training, facilitation, professional development, personal growth, soft skills training, vision board workshops, and team-building. Through engaging and practical learning experiences, she helps individuals, teams, and organizations develop the skills, confidence, and clarity needed to achieve success in both professional and personal settings.

Based in Columbus, Georgia, Ms. Garner partners with organizations seeking meaningful development solutions that strengthen communication, leadership, teamwork, customer service, and workplace performance. Her workshops combine real-world experience with interactive strategies that encourage growth, goal achievement, and personal accountability.

Through **Work With Me Training Services**, Ms. Garner provides customized training experiences designed to help participants build stronger soft skills, create actionable goals through vision board workshops, improve collaboration, and unlock their potential for lasting success.

About the Facilitator:

- Founder of Work with Me Professional Services LLC (Work with Me Training Services)
- Performance Development Coach and Certified Trainer / Facilitator for over 35 years
- B.S., Psychology (Organizational Behavior)
- M.S.M. Science in Management (Organizational Leadership and Change)
- Corporate Trainer for the military, school districts, local businesses and large corporate companies such as USAA.



Cathie J. Garner
Instructor / Facilitator



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