Training Catalogue

Team training that drives success.
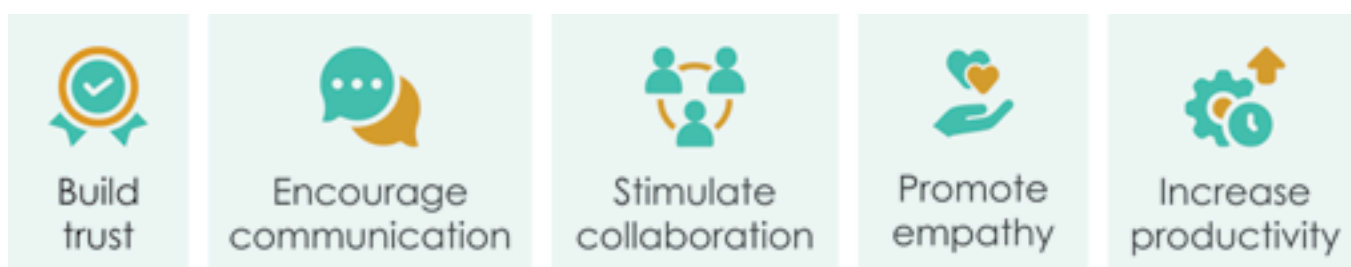
Agilec.

Drive success with team and leadership development training

From leadership to team health, we offer a variety of training options that boosts performance, fosters growth, and strengthens the overall health of your business.

Empower your teams with the skills, confidence, and knowledge they need to succeed.

Build trust	Encourage communication	Stimulate collaboration	Promote empathy	Increase productivity

What format should you choose?

Our training options come in a variety of formats to suit your team's needs. Below is a breakdown of what we offer and the unique benefits of each.

Webinar

Price range: ($50-$450)

- Attend from anywhere.
- Access live or on-demand.
- No travel or accommodation costs.
- Engage with Q&A and polls.

eLearning

Price range: ($50-$325)

- Learn anytime, anywhere.
- Progress at your own speed.
- No travel or material costs.
- Cost-effective.

In-Person

Price range: ($225-450)

- Direct interaction and practice.
- Build connections with peers.
- Real-time answers and guidance.
- Personal and focused environment.

Please note: We offer special group rates for training sessions with 9 or more participants. Customized or specialized training—such as Mental Health First Aid—will be quoted separately. Additional travel charges may apply. All rates listed above are per learner. Time commitment for eLearning may differ from Webinar or In-Person delivery.

Connect with us at **training@agilec.ca | 1-800-361-4642 ext. 3010**

Training for team effectiveness

Team Health

Time commitment: 2 hours • Formats available: Webinar and In-Person

Team health is something we often take for granted, yet it's critical to team effectiveness and engagement. Team activities help participants examine the ingredients of healthy working relationships and what it means to work well together.

Bridging the Generation Gap

Time commitment: 2 hours • Formats available: Webinar and In-Person

We are likely to work with five different generations within the same organization. Explore the benefits of working in a diverse workplace and strategies for managing some of the differences and our biases.

Crisis De-escalation

Time commitment: 3 hours • Formats available: Webinar and In-Person

In an escalating situation minutes matter. Attending this course will give you the knowledge, practice, and confidence to de-escalate someone's behaviour effectively.

Teamwork and Conflict Resolution

Time commitment: 4 hours • Format available: In-Person

Improve team culture and teamwork with a course that focuses participants on how to work through conflicts effectively, reach consensus when necessary, and apply strategies for improving teamwork.

Conflict Resolution Strategies

Time commitment: 1 hour • Formats available: Webinar, eLearning, and In-Person

This course examines the forces that are at the heart of every conflict. Discover the principles, skills, and strategies that will transform conflicts into opportunities.

Developing Innovative Teams

Time commitment: 1 hour • Formats available: Webinar and In-Person

What does it take to be innovative? This course explores innovation and what it takes to become an innovative team. It focuses on the factors that encourage innovation and effective collaboration. A review of innovative thinking and successes supports teams to consider the competencies that pave the way for their success.

Training for team effectiveness (Continued)

Diversity, Equity, and Inclusion

Time commitment: 2.5 hours • Formats available: Webinar and In-Person

Explore the importance of belonging in the workplace with a focus on attitudes and behaviours that support inclusion. Participants explore bias and strategies that support them to challenge stereotypes, eliminate microaggressions, and promote respectful communication.

Effective Communication

Time commitment: 2 hours • Formats available: Webinar, eLearning, and In-Person

Through the latest workplace research, explore why misunderstandings happen, what gets in the way of effective communication, and what you can do about them.

Giving Feedback

Time commitment: 2 hours • Formats available: Webinar, eLearning, and In-Person

Too often giving feedback is a painful or avoided task yet this skill increases the quality of collaboration and workplace satisfaction. Discover what effective feedback sounds like and how to deliver it in a way that works for everyone.

Emotional Intelligence at Work

**Time commitment: 3 hours • Formats available: Webinar, eLearning, and In-Person**

Understanding the eight emotional behaviours that help or hinder your success at work. Take away strategies that will help you recognize and respond to behaviours effectively. **Includes an assessment and a meeting with an EBW certified Coach.**

Introverts and Extroverts

Time commitment: 1 hour • Formats available: Webinar and In-Person

Separate myth from fact with this training that helps you understand yourself and others better. Explore what energizes you and how communication is affected by individual preferences. Improve your ability to collaborate and manage conflict.
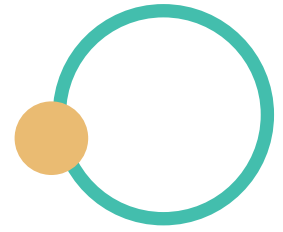
Mental Health First Aid

Time commitment: 9 hours • Formats: 7 hours in webinars + 2 hours of self-directed eLearning

This certification course helps you recognize the signs and symptoms of a mental health problem or crisis so that you can effectively respond with a confident conversation and guide with appropriate resources and support. **Includes a certificate from the Mental Health Commission of Canada.**

Norming for Performance

Time commitment: 2 hour • Formats available: Webinar and In-Person

Teams that thrive have well established norms that support them. This course focuses on 8 norms that research suggests will lead teams to success. This informative workshop examines the norms that lead to team effectiveness and how to establish them.

Personality Dimensions

Time commitment: 2 hours • Formats available: Webinar and In-Person

Explore personality preferences and understand how these influence behaviour. Participants discover how to work even more effectively together by understanding personality similarities and differences. Participants complete an assessment and receive a behaviour report.

Reclaim Your Empathy

Time commitment: 1.5 hours • Formats available: Webinar and In-Person

If you are feeling less empathy towards others, you are not alone. Learn why rebuilding empathy will support you to have greater resilience. This training will equip you with the strategies and skills to rebuild your empathy, reduce burnout, and lead others.

Time Management

Time commitment: 1 hour • Formats available: Webinar and In-Person

Managing your time will improve the quality of your life and your work. Learn proven techniques to become more efficient and effective at completion of multiple tasks and projects with a course that focuses on what works.
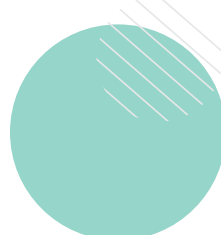
Training for leadership and professional development

How to Build Your Influence

Time commitment: 2 hours • Formats available: Webinar and In-Person

Leading others requires influence. Learn how to develop your influence by focusing on five critical factors. Identify steps and strategies that turn these factors into action.

Leading Generations in the Workplace

Time commitment: 1 hour • Formats available: Webinar and In-Person

Leading with strategies that work is critical to your success. This training focuses you on how to lead when generational differences are a factor. Increase your understanding of the generations including how to navigate differences and lead effectively.

Lessons in Objectivity

Time Commitment: 2 hours • Formats available: Webinar, eLearning, and In-Person

Objectivity is critical for ethical thinking and decisions. Examine what gets in the way and the thinking skills, strategies, and standards that can assist you to approach information more critically.

Bullying in the Workplace

Time commitment: 1 hour • Formats available: Webinar and In-Person

How does a leader identify and respond to bullying in the workplace? This training identifies bullying behaviours and warning signs. Leaders learn how to spot bullying and what to do about it.

Creating Psychologically Safe Workplaces

Time commitment: 1 hour • Formats available: Webinar and In-Person

How do we create workplaces that are a safe place to work, learn, and grow? We model, reinforce, and celebrate behaviours that are supportive. As leaders, we influence the development of our work culture. Discover principles and practices that leaders can use to create environments where individuals will thrive.

Conflict Management for Leaders

Time commitment: 1 hour • Formats available: Webinar and In-Person

This course equips leaders with the knowledge and techniques for recognizing and responding effectively in conflicts situations. Participants identify individual and team responses to conflict and how to deal with them. This workshop builds leader awareness and conflict management skills

Motivational Interviewing

Inspiring change through collaboration.

Motivational Interviewing - Introductory

Time commitment: 1 hour • Format available: Webinar

Motivational interviewing is an approach that can support individuals to resolve ambivalence about changes they want to make. This introduction will provide you with a basic understanding of concepts and the skills used.

Motivational Interviewing - Foundational (Level 1)

Time commitment: 8 hours • Formats available: Webinar and In-Person

Based in the theories of Motivational Interviewing (MI) and Stages of Change, identify when resistance is present and develop skills to engage with the individual, helping them to move past resistance and toward change.

Motivational Interviewing - Intermediate (Level 2)

Time commitment: 8 hours • Formats available: Webinar and In-Person

Build on your knowledge of discord and resistance, develop skill competency, and practice motivational interviews by navigating the conversation and recognizing/responding to change talk.

Motivational Interviewing - Advanced (Level 3)

Time commitment: 8 hours • Formats available: Webinar and In-Person

Further develop and enhance the technical skills that are required and become strategic in use of motivational interviewing skills and evoking ambivalence with individuals who are pre-contemplative.

Group Motivational Interviewing Coaching

Time commitment: 2 hours • Format available: Webinar

Becoming skilled with motivational interviews requires you to try, make mistakes, and learn from them. Grow your confidence by practicing in a safe space and receiving helpful feedback.

Motivational Interviewing - Foundational and Intermediate

Time commitment: self-directed • Format available: eLearning

Motivational Interviewing (MI) is a proven psychological, client-centred approach that helps individuals overcome ambivalence and build their own argument for change.

What people are saying about Agilec training

"Agilec did a great job facilitating both the generations and feedback workshop, making it fun, engaging the leadership team, providing 'aha' moments and increasing skill sets and confidence around giving and receiving feedback."

"Our team really enjoyed the Personality Dimensions session. Not only did we learn how to better work together, we also got to learn so much more about each other."

"The feedback I received from all participants was extremely positive. The training session was very interactive, fun, effective and referenced actual workplace scenarios."

3000+	**91%**	**35**
People have taken our training	Would recommend our training to others	Customizable team-based training

To discuss your team training needs, contact us at
training@agilec.ca | 1-800-361-4642 ext. 3010