

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.



Increase
Productivity



Focus
Communication



Build
Trust



Stimulate
Collaboration



Reduce
Conflict

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: All rates listed above are per learner. 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. Time commitment for eLearning may differ from Webinar or In-Person delivery.



Training for team effectiveness

Team Health

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

Boost team cohesion and performance with this teambuilder that focuses on team activities that help participants work better together. Unlock a team's potential with this teambuilder focused on building cohesion.

Bridging the Generation Gap

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

Improve generational communication and reduce conflict with training that dispels myths, challenges biases, and reviews strategies for bridging differences between five generations at work.

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

Reduce conflict and improve team problem solving. This training helps teams and leaders recognize the root causes of conflict and respond effectively by applying resolution principles, skills and strategies.

Developing Innovative Teams

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

What does it take to be innovative? This training fuels team innovation by focusing on the factors that encourage innovation. Teams examine the skills, environment, and practices that lead to innovation.

Training for team effectiveness

Difficult Conversations for Leaders

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

This training provides leaders with structured communication tools to improve buy-in, reduce pushback, and strengthen accountability. Participants will increase their ability and confidence to initiate difficult conversations, including performance, safety, and attendance focused discussions.

Diversity, Equity, and Inclusion

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

Strengthen team connection and communication with training that focuses participants on the attitudes, behaviours, and practices that support inclusion. Participants examine bias and use strategies to challenge stereotypes, eliminate microaggressions, and communicate respectfully.

Effective Communication

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

Reduce misunderstandings and team conflict by improving the quality and delivery of communication. Practical activities assist individuals to recognize different styles of communication and target their messages.

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.**

Emotions and Behaviours at Work Coaching:

Time commitment: 45 minutes • **Formats available:** Webinar and In-Person

Improve work performance and work-life satisfaction by focusing on critical emotional intelligence skills. Group coaching helps individuals know what they need to keep, stop, and start doing. Possible topics include managing stress and improving decision making.



Mental Health First Aid Trainings



Option 1: Mental Health First Aid Essentials Certificate

Time commitment: 1 full day or 2 half days • **Formats:** Webinar and In-Person

Reduce mental health stigma in the workplace, enhance wellbeing, and improve productivity with a globally recognized program. This practical program provides the essential tools to recognize and support mental well-being. Perfect for those seeking quick, impactful learning. Includes a certificate from the Mental Health Commission of Canada.

Option 2: Mental Health First Aid Certification

Time commitment: 2 full days • **Formats:** Webinar and In-Person

Take your expertise to the next level with this Certification that is valid for three years. This program equips you with advanced strategies to foster resilience and create a supportive environment. Ideal for leaders and anyone committed to improving mental health in the workplace. Includes a certificate from the Mental Health Commission of Canada.

Norming for Performance

Time commitment: 2 hours • **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

Improve the way you work with individuals who appear unmotivated by recognizing and replacing practices that don't work. Learn about Motivational Interviewing and begin practising skills that assist individuals to uncover their own motivation for change.

Motivational Interviewing - Intermediate (Level 2)

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

Learn how to guide Motivational Interviews effectively using core skills, processes, and principles. Increase skill competence and confidence with demonstrations, videos, practice activities, and feedback offered throughout training.

Motivational Interviewing - Advanced (Level 3)

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

Become proficient in Motivational Interviewing (MI) with advance practice of technical and relational skills. Individuals practice being strategic with MI skills and evoking strategies.

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.

Certificate Programs

Mental Health and Wellness Certificate

Time commitment: 20 hours

Investment: \$525.00

This certificate program includes a blend of live webinars and eLearning for the following training:

- Emotional Intelligence at Work
- How to Build Resilience
- Crisis Intervention
- Mental Health First Aid
- Suicide Awareness and Prevention
- Why Mental Health Matters

Workplace Communications Certificate

Time commitment: 13 hours

Investment: \$400.00

This certificate program includes a blend of live webinars and eLearning for the following training:

- Emotional Intelligence at Work
- Giving Feedback
- Conflict Resolution Strategies
- Personality Dimensions
- Influencing Change Through Feedback
- Bridging the Generational Gap
- Effective Communication

Team Health and Organizational Culture Certificate

Time commitment: 10 hours

Investment: \$500.00

This certificate program includes a blend of live webinars and eLearning for the following training:

- Team Health
- Personality Dimensions
- Bridging the Generational Gap
- Emotional Intelligence at Work
- Effective Communication
- Giving Feedback

Ethics in the Workplace Certificate

Time commitment: 8 hours

Investment: \$190.00

This certificate program includes the following eLearning courses:

- Bringing Ethics to Life
- Artificial Intelligence and Ethical Decision Making
- Lessons in Objectivity
- Unconscious Bias



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."



12,765
people have taken
our training

98%
of customers would
recommend our training

45
Customizable
team-based training

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

