

## Training · **Public Workshops** · Details

*Robin Rose leads workshops and retreats that focus on enhancing skills, integrating new behaviors, and improving performance. These trainings focus on the real-world need of teams and team leaders. Robin's approach incorporates whole-brain and accelerated learning techniques. Sessions are positive and dynamic, with both interactive and reflective components. This allows participants to use much more their learning potential, increases retention, and focuses on practical application.*

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### **The Essential Skills: Staying Clear, Calm & Focused**

- Think through challenging moments instead of "making nice" or just pretending to get along
- Expand your ease in communicating and de-escalating tensions
- Understand and practice keeping your stress levels down
- Stay effective, balanced, and resilient — even when people are upset
- Learn how to maintain a truly positive attitude!

**For years people have been asking Robin how their spouses, family members, and friends could learn the information and skills taught in their workplace trainings. In response to these wonderfully persistent requests, Robin is now offering public classes.**

This is a great opportunity to share the learning. **Participants emerge with practical tools they can use right away to remain relaxed and focused during difficult moments.**

Classes currently scheduled in Portland, Salem, and Eugene, Oregon. Please contact Robin for dates and details.

Please note: Social, religious, and community groups are great forums for shared learning and ongoing mutual support. Please contact Robin if you would like to inquire about bringing this learning to your group. Options include guest speaker, individual workshops and learning series.



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