

Corporate & Group Workshops

Our speaking and trainings focus on a variety of topics related to corporate wellness. Our ultra-practical, nuts and bolts trainings are fun, interactive, and filled with simple but powerful truths. These are high energy trainings that get audiences engaged. Participants leave with tools that can help them solve problems and get more out of life. Our most popular topics include:



**DECIDE
YOUR
LEGACY**

Legacy Coaching & Corporate Development

Stress Less for Success at Work

Take good care of your mental wellness in the workplace. Poor stress management can cause many problems. Headaches, digestive problems, insomnia, depression, and anxiety are all linked to stress. The good news is that you CAN do something about your stress. The research is clear that those who manage stress well engage in certain behaviors. We will teach your team stress management skills that are proven to work.

Implementing a Stress Coping Plan at Your Organization

The follow up to our "Stress Less for Success" training. Learn how to implement and sustain a stress management plan that will work for your team. First we will help your team identify their top 3 key causes of stress and then implement a Taylor-made plan that will help. Your team will learn what it takes to establish and maintain healthy stress coping habits.

Amazing Personal Productivity

Few things can improve the quality of your life more than getting organized and improving your time management skills. Just as people who start living on a budget often feel like they've received a pay raise, people who start practicing good time management skills often feel like they've added hours to their day. Participants will learn highly effective time management and organization techniques.

"Budget" Is Not a Bad Word

Is financial stress sucking the joy out of your life? Do you sometimes wonder if you have the skills necessary to successfully manage your money? This course is for those wishing to learn or re-learn the basics of good personal finance. In this training you will learn how to create and maintain a budget, develop a plan for long term financial health, and systematically eliminate debt from your life. Numerous practical money saving ideas will be shared.

How to Think Like a Winner

Successful people think encouraging thoughts. This training helps participants learn how to identify unhealthy and discouraging thinking patterns and replace them with a healthy mindset. Participants will leave with a system that, if applied, can help them become healthy thinkers for life.

DISC Personality & Teamwork

Understanding your personality type and the types of your team members gives you valuable information. You'll learn what motivates you and your teammates, and how to communicate with each one effectively. Discover how to encourage and manage conflict with each person based on their unique personality style.

Navigating Difficult Work Relationships

Difficult people are all around. We deal with them at home, work, and in public. There are successful ways to navigate these relationships. We will teach you the strategies that work including effective conflict resolution skills, assertiveness skills, and a way to turn some of your enemies into friends.

Communication Skills

There are few skills more essential to career success than being able to communicate in a clear a precise manner. This training is designed for those who need to learn or re-learn the basics of communication. Topics covered include verbal & written communication, leading meetings, and giving presentations.

The Successful Supervisor

Successful supervisors do things differently. They have courage, they are role models, and they lead. Participants will identify characteristics of leadership, learn self-care strategies for leaders, and learn how to reinforce positive behaviors while holding people accountable. Other topics include team building, delegation, stress management, and conflict resolution.

Creating a Healthy Work Culture

Excellent employees and excellent bosses are a part of what creates a healthy work culture. Excellent employees and supervisors all practice certain behaviors in the workplace. What are these behaviors? Have us provide the "Creating a Healthy Work Culture" training and find out.

The 5 Languages of Appreciation in the Workplace

Adam Gragg is a certified and experienced trainer of The 5 Languages of Appreciation in the Workplace curriculum. He will bring his vast experience helping companies improve their work culture to your organization. He will help your team implement a plan for encouraging and supporting one another by applying the 5 languages of appreciation.

Life Balance 101: Using the Life Wheel

Life balance is a product of assessing your life consistently and making necessary corrections. Balance comes from investing energy in 7 core areas: spiritual, health, family, social, intellectual, career and financial. Living with balance does not require perfection, but it does require effort. This training is focused on creating your own personalized plan for living with balance.

Decide Your Legacy

The "Decide Your Legacy" training is the ultimate training for individuals, families, and organizations to learn the skills necessary to create their BEST FUTURE. Participants will learn how they have the ability to create a great future based on their unique past, skills, and talents. Topics include: Clarifying core values, goal setting and keeping, decision making, habit formation, personality styles, and establishing a healthy support network.



Adam Gragg is a Legacy Coach, [Podcaster](#), [Speaker](#), [Blogger](#) & Mental Health Professional for nearly 25 years. Adam's life purpose is helping people & organizations find transformational clarity that propels them forward to face their biggest fears to LIVE & leave their chosen legacy. He's ultra-practical in his approach, convinced that engaging in self-reflective ACTION & practical tools, practiced consistently, WILL transform your life. He specializes in life transitions, career issues, and helping clients overcome anxiety, depression & trauma. Contact Adam [HERE](#). if you're interested in getting started on deciding YOUR legacy.



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I have provided training and speaking for over 100+ local, regional, and nationwide companies and organizations.

Manufacturing
Chance Rides Manufacturing
GTM Sportswear
Custom Cupboards
Metal Fab
Holly Frontier
Bombardier Aerospace Learjet
Weaver Manufacturing
Center Industries
Ametek Industries, Inc.
Cessna Aircraft
Education
Andover Public Schools
Friends University
Wichita Public Schools
Wichita Area Technical College

Municipalities
City of Haysville, Kansas
City of Derby, Kansas
City of Wichita, Kansas
Sedgwick County, Kansas
Harvey County, Kansas
Corporate
Foulston Seifkin
Professional Engineering Consultants
Wolf Creek Nuclear
Westar Energy
High Touch, Inc.
IMA Financial Group
Eric Fisher Academy
Banking
INTRUST Bank

Kansas Credit Union Association
Credit Union of America
Meritrust Credit Union
Wichita Federal Credit Union
Central Star Credit Union
Ally Bank
Fidelity Bank
Associations
Kansas Court Reporters Association
Kansas Association of School
Personnel Administrators
National Judges Association
Non Profit
EmberHope, Inc.
Kansas Children's Service League
The ARC of Sedgwick County

KETCH, Inc.
WASAC
Greater Wichita YMCA
Catholic Diocese of Wichita
ChildStart, Inc.
Susan B. Allen Hospital
Villa Maria, Inc.
Wichita Children's Home
Medical Society of Sedgwick County
South Central Kansas Educational
Service Center
West Ridge Community Church
River Community Church
Douglas Avenue Church of Christ
Senior Services
Starkey
Casa of Sedgwick County
Faith Home Health & Hospice