

OUR 10 WEEK

# Mindful Manager Training Program



## Great managers are trained, not just promoted.

Being good at your job as an individual contributor, having “senior” in your title, or hitting five years at a company does not mean you should automatically become a manager. Being a supportive and effective manager of individuals and teams requires specialized skills and behaviors that some people have naturally, most of us need to learn, and all of us need to practice.

We believe being a manager is more about building relationships that help your folks thrive than about staying on top of a task list. Doing this requires communication, connection and empathy. In our Mindful Manager Training Program we create a psychologically safe space for learning and experimentation where you’ll learn and grow with a cohort of fellow managers.

Our Mindful Manager Training Program is grounded in an emotional intelligence framework and will be customized to your organization’s specific expectations of its managers and the experienced levels of participants.

## Our Mindful Manager Training Program is

- Virtually-hosted, instructor-led
- Customized for your culture and your team
- Modularized to fit into your business schedules
- Designed for multiple modes of learning: individual reflection, small team activities and group discussions
- Paced to engage your new manager muscles and practice behaviors with tight feedback loops
- Reinforced with post-training communication including recommendations for implementing leadership behaviors and skills

## THIS PROGRAM IS DESIGNED FOR

- First-time managers
- Experienced managers
- Those curious about exploring management as a career path
- Anyone who leads a team inside your organization
- Founders leading early-stage organizations

“I’ve really appreciated having this as both an opportunity to learn and as a framework for collaborating and ideating with the other managers in the cohort. The homework and conversations have driven a lot of collaboration that has made me a lot more confident about being a new manager.”

– Summer 2021 Participant

## OVER THE 10-WEEK PROGRAM WE’LL DISCUSS

- Managing your time and energy
- Creating psychological safety with your direct reports and on teams
- Delivering and receiving effective and meaningful feedback
- Adapting to different communication preferences
- Having difficult conversations
- Building trusting relationships
- Setting appropriate boundaries
- Helping your reports set and achieve their goals

## The Mindful Manager Training Program is a collaboration between The Canoe Project & We Grow Forward.

Founders Heather Corallo and Claudia Richman bring a combined 30+ years of experience in leadership roles across the consulting, technology, finance and advertising industries. They’ve trained and mentored hundreds of great managers and are passionate about helping human-centered businesses thrive.



 THE CANOE PROJECT  
Heather Corallo



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