

Take a moment to breathe.



One Shared Future (OSF) provides professional development opportunities that bring people together in safe spaces. Through tailored, strength-based approaches, participants learn about self, working together, and how to innovate and change how we do business in Hawai'i.

OSF is rooted in the belief that if we recognize professionals' good work, build on people's strengths, and nurture collaboration, we will collectively provide better services, build stronger partnerships, and nourish thriving communities. Our professional development offerings include the much-requested *Strengths and Self-Care* series.

Strengths and Self-Care series

The focus of this series is on you, as part of a team. Participants will learn:

- ◇ Your top talents and strengths and how they impact your interactions and relationships.
- ◇ The “shadow” side of your talents and strengths and how to manage perceptions.
- ◇ The Change Cycle™ and how your top talents and strengths relate to change.
- ◇ The five essential elements of well-being, which apply to your work and life.
- ◇ Strategies for self-care and sustaining shared work.

The *Strengths and Self-Care* series is designed for workplace teams of up to 15 people and includes a one-hour orientation and three (3) six-hour sessions over two months.

Learn more at www.onesharedfuture.com or contact us at 808-451-2652 and info@onesharedfuture.com

*One Shared Future collectively imagines a positive future for Hawai'i...
and brings people together to create that future.*