



S.H.I.F.T. Workshop Series

From Powerless to Empowered— Even in Constant Change

Feeling the Pressure?

Restructures, pivots, leadership churn... Change is the new normal. But stress doesn't have to be. This workshop series flips the script.

Introducing S.H.I.F.T.™—a science-backed framework to help teams lead with clarity, agility, and purpose when everything's in motion.

What You'll Learn (and Actually Use)

- How "helpful" actions can unintentionally disempower others—and what to do instead
- How to SHIFT your own energy to stay grounded and avoid emotional contagion
- Fresh, high-impact tools to create space between trigger and response—and lead with intention

Who It's For

Any human navigating change (so... basically all of us). Whether you're an HR leader, people manager, or just someone trying to lead with heart and strategy in a swirl of uncertainty—this is for you. No neuroscience degree required — just a curious mind and a willingness to think, feel, and lead a little differently.

Format Options

- 60-min Lunch & Learn — Fast, focused, energizing
- 2-hr Immersive Workshop — Deep dive, high impact
- Available as a single session or a full series

Facilitator

Heather Tibbles-Vassilev, PCC Executive & Transitions Coach
Blends emotional agility, evidence-based tools, and a whole lot of curiosity.
Ready to SHIFT your team's energy? Let's make change empowering.



RESERVE YOUR SPOT:

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