



# Team Building & Wellness

Langara's Custom and Corporate Training is tailored to suit your unique needs. Let us provide you with high quality, relevant skills training to help your organization grow. Your team is your most valuable asset. Let us help you create a program to support your team's wellness and cohesion. These workshops can be incorporated as part of a team-building day or a staff retreat plan.

## AREAS OF EXPERTISE

- Robot kit team-building
- Mindfulness-based stress reduction
- Communication with compassion
- The art of self-compassion
- Respectful workplace
- Ergonomics training
- And beyond...

We have flexible delivery options. We can provide skilled instruction online or in-person, at one of our facilities or one of yours, or a combination of the two. We're happy to work with you to find a solution that meets your needs.

**Learn more.**

[langara.ca/custom-training](https://langara.ca/custom-training)

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