



**BECOME A
HELL YEAH TEAM**

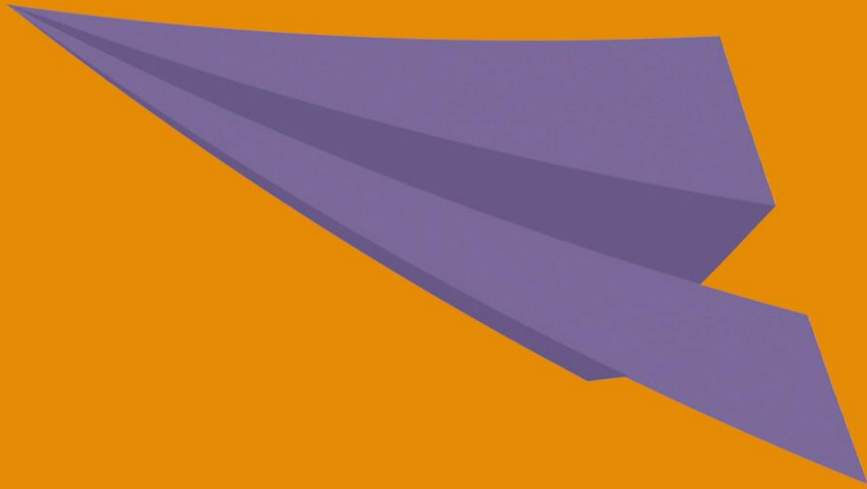
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**To lead the revolution
on how work is done in
companies – changing not
only the way people work
for the better, but also
their lives as a result.**



OUR MISSION



A reputation for always providing a unique experience that creates positive, lasting, and impactful change both at work and home.

OUR VISION

WE ARE BELIEVERS.

After over 30 years consulting with hundreds of companies and working with thousands of employees, we developed Build a Kick Ass Company because we are passionate about people and their potential to do great things in their organizations – and lives. We imagine a world where we abolish the TGIF mentality, where there is no more “working to live” or “living to work”, there’s just living.

At the heart of all our training is our commitment to building better lives, one person at a time. We strongly believe that when we connect in a meaningful way with the individuals in our training, they will be motivated and inspired to take the skills and knowledge they learn to the next level.

ARE YOU?

If you believe that an organization is more than just plans, processes and technology – that it's the people and culture that truly make a company great – then you're in good company.

REBELS WITH A CAUSE

We help people make a difference.



CHILL AND GRILL



THE MENU

Hell Yeah Teams

Culture Hacking

No Nonsense Communication

Building Grit

Personality Dimensions™

Mastering Presentation Skills

Rock Star Customer Service

1: HELL YEAH TEAMS

Our Hell Yeah Teams course builds awesome teams by building awesome people first. It is our belief that you can't grow strong teams until you have strong people. When your team works with us, we start by focusing on the individuals first through topics, such as attitude, confidence, and motivation. When your people are good with themselves they're ready to build the best team they can. At this point we give them the tools and knowledge they need to work together, such as building trust, strengthening relationships, and communicating effectively. Finally, we work to build strong connections between the work the team is doing and the goals and mission of the organization. Only by building a relationship with the company and internalizing your goals and ambitions will employees take true ownership of their work and go above and beyond the job description.

Participants will learn:

- How to make the choice to be engaged
- Exercises to improve attitude and confidence
- Three steps to building strong relationships
- How to nurture trust within the team
- Strengthening communication and eliminating blind spots
- Finding individual and team purpose

Duration: Half-day session

2: CULTURE HACKING

Culture is one of the main buzzwords in business today. Progressive companies are starting to take a critical look at their own cultures and wondering what they can do to improve them. Not only is a great culture good for the health of the organization, but for the employees as well.

What many people forget is that culture is just the end result of many, many little decisions and actions. What forms the culture is the day-to-day climate of the organization – the attitudes, behaviours and actions of the people who work at the organization. To create a great culture, you must work from the inside out. Every person contributes each day to the climate through their choices. You must ensure that they are making the choices necessary to one day create a good culture.

Participants will learn:

- How they contribute to a positive culture through their actions
- The six habits to create positive change that inspires great work
- How to build stronger relationship and better experiences
- To be mindful of the impact of their words and actions
- The power of marginal gains in team and culture development

Duration: Half-day session

TEAMWORK

THAT'S A PIECE

OF CAKE.



3: NO NONSENSE COMMUNICATION

If anything is going to make or break a team or an entire organization, it is communication. Communication is one of the key predictors of team success, yet so few people in companies are taught how to communicate in a way that builds trust, respect, and commitment.

In this course, participants learn the fundamentals of good workplace communication. They learn that communication isn't just the words we say or type, but all our behaviour, attitudes, and actions. We cut back the misunderstandings and distractions that impede good communication and teach people what it means to be open, speak on point, seek clarification, and deal with conflict effectively. They'll learn not just the basics of speaking and listening, but also how to build an environment that fosters collaboration and innovation.

Participants will learn:

- How to check personal interpretations and assumptions
- How to acknowledge and accept others' views
- Effective listening and awareness of body language
- Recognizing and managing emotions
- How to participate in and encourage healthy conflict

Duration: Half-day session

4: BUILDING GRIT

Why do some people and organizations persevere when faced with challenge after challenge while others crumble at the first misstep? It's because these people and organizations have grit.

Gritty individuals, teams and organizations share the same traits: a desire to work hard, learn and improve. They have resilience in the face of adversity and of course a true respect and appreciation for what each member brings to the team.

This course teaches people the principles to build grit within themselves, how to show up with intention each and every day and how to focus on being well. We'll help them make the decision to bring your best self to your team and life and how to build real perseverance and resilience by authentically connecting with one another at work.

Participants will learn:

- How to re-focus their thinking
- The two key components of building grit
- Behaviors and actions to promote grit in themselves and others
- How to positively contribute to building a culture where people thrive

Duration: Half-day session

SUPER STRONG.

GUARANTEED.



5: PERSONALITY DIMENSIONS™

Personality Dimensions™ is about understanding yourself and others so you can be more effective in your relationships, your work, and your life. Often it is small quirks and misunderstandings that break down a relationship. Through the Personality Dimensions™ course, participants learn about their own unique style when it comes to communication, relationship building, productivity, conflict resolution, as well as those of the other temperaments.

Participants will learn the Personality Dimensions™ model representing the four different personality types. They will take an online assessment to identify their own unique personality type, and then learn how to work with other personalities in the group.

Participants will learn:

- Their unique work style and preferences
- How to communicate more effectively with others
- How to improve cooperation
- Keys to improving their personal performance and productivity
- How to remove frustrations and unnecessary stress for themselves and others

To view our other Personality Dimensions™ workshops, please visit our website [here](#).

6: MASTERING PRESENTATION SKILLS

The ability to confidently and competently present information, ideas, and thoughts is a valuable skill that we use in all areas of our lives. We also know that many people would rather do anything else than present in front of a group of people. Shred paper for hours on end? Yes. Watch paint dry? Definitely. Count out individual grains of rice? Sign me up.

Mastering Presentation Skills gives people a safe – and fun! – environment to learn valuable tips and tools, and practice without fear or judgement. They learn the basics of presenting, understand why and how they can use these skills, and build their confidence.

Participants will learn:

- The purpose of different types of presentations and when to use them
- The foundations of audience-focused presentations
- Keys to managing anxiety and building confidence
- To communicate for maximum impact – managing your words, tone, and body language
- To use visual aid tips to improve the engagement and effectiveness
- To control the flow of presentations
- To anticipate questions and invite feedback

Duration: Two half-day sessions

MEDIOCRE ISN'T AN OPTION.



7: ROCK STAR CUSTOMER SERVICE

A fundamental truth exists; we are in business to take care of the customer. And yet we are plagued with stories of horrendous service that exists every day. Rock Star Customer Service shows participants how to build long-term loyalty by delivering service from a customers' perspective while measuring the impact that service—or lack thereof—has on your bottom line. Participants learn that they are the moment of truth with the people that matter most: your customers.

In this course, participants learn how to turn satisfied customers into raving fans. They learn that customer service is not just one component of the organization, but the entire purpose of it.

Participants will learn:

- The myths of customer service
- The foundation of creating repeat customers
- How to become a Director of First Impressions
- Keys to creating customer experiences
- The difference between commitment vs. transactions
- Employee service strategies and customer friendly systems
- How to create moments of truth

Duration: Half-day session

DO WE HAVE STYLE?

All our sessions are people-first, high energy, interactive and passionate. Our goal is to have each person leave our sessions equipped with the tools and confidence they need to invoke positive change and the energy and drive to do so.

Not sure what courses are right for your team? Have no fear! We're committed to providing you the best training to elevate your people's skills. We're always available for a chat to uncover what would work best for your people.

YES. YES, WE DO.

At Build a Kick Ass Company our delivery style is focused on interactive, online training from the comfort of the home or office. No pants? No mask? No problem.

Looking for in-person training? Get in touch to discuss.



PLACE YOUR ORDER

Ready to start training your team? Let us know what you're looking for on our site. Once you've placed your order, one of our Kick Ass team members will be in touch to start the process. Start training your Hell Yeah Teams now, click [here](#).

Don't be a Stranger!

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Instagram: @BuildaKickAssCompany

