

Rémi Gibbs

Workshop Facilitator
& Life/Career Coach

Rémi Gibbs holds a masters degree in Organizational Management and is dual certified as a Life Coach and Positive Psychology Practitioner. She hosts workshops and retreats customized to her clients needs and maintains a one-to-one coaching practice. She co-hosts the popular *Conversations on Life, Work & Love* podcast, and has columns in *RGV Women Inspire* and *Explore Harlingen Magazine*.



SIGNATURE TOPICS

- ✓ Character Strengths + Job Crafting
- ✓ Balance and Self-care
- ✓ Resilience
- ✓ Women's Midlife Unraveling
- ✓ Living Authentically

Custom Workshops Available



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Unleashing Your Strengths: A Job Crafting Workshop

Did you know that less than 66% of the population truly understands their own character strengths? Research has shown that living and working within our strengths not only improves relationships and enhances overall well-being but also equips us to better manage life's challenges. Enter **Job Crafting**—a powerful tool that allows individuals to harness their strengths within their roles, making work more meaningful, engaging, and fulfilling.

In this interactive workshop, we'll delve into the three elements of **Job Crafting**: tasks that make up your job, relationships with your co-workers, and how you think about your job. Through a series of discussions, activities, and self-reflection exercises, attendees will gain insights into their current roles, identify opportunities to leverage their strengths and design actionable plans for personal and professional growth.

Studies reflect that **Job Crafting** can contribute to increased employee retention, enhanced productivity, and a stronger company culture.

Pre-Work: Strengths Test

Estimated Session Time: 3 hours

Nourishing the Self: A Journey to Wellness Workshop

Most people put themselves on the back burner and don't even realize it until they are faced with a health crisis. As the saying goes, we can't pour from an empty cup. This workshop helps attendees identify where they spend their time and what is out of alignment. Through an interactive discussion we identify the elements of self-care: body, mind, spirit and how to incorporate elements from each in our daily life. An action plan for self-care is created by each attendee. Program ends with a group meditation.

Estimated Session Time: 3 hours

Building Resilience: A Workshop for Thriving in Adversity

Resilience is the ability to bounce back from challenges, adapt to change, and thrive in the face of adversity. In today's fast-paced and unpredictable world, cultivating resilience is essential for personal and professional success. This workshop offers practical tools, strategies, and insights to help individuals strengthen their resilience muscles and navigate life's ups and downs with greater confidence and grace. We explore emotional, mental, physical, and social resilience and how to strengthen skills in each. Program is interactive and thought provoking. Attendees create their own resiliency plans to follow. Discussions are held in small groups or in pairs.

Estimated Session Time: 4 hours

Embracing the Unraveling: Navigating Midlife Transitions for Women

The journey through midlife is often characterized by a period of reflection, growth, and transformation – what author Brené Brown calls the "midlife unraveling." In this workshop, we invite women to explore this pivotal phase of life with courage, compassion, and curiosity.

- Gain insight into the unique challenges and opportunities of midlife transitions for women.
- Develop practical strategies for navigating change, uncertainty, and self-discovery.
- Cultivate resilience, self-compassion, and empowerment in the face of life's transitions.
- Build connections and community with other women on a similar journey of growth and transformation.

Estimated Session Time: 5 Hours

Authentic Living: Embracing Your True Self

In a world filled with societal expectations and pressures, living authentically – true to oneself – can be a transformative and empowering journey. This workshop is designed to guide participants in exploring their values, passions, and unique identities, and empowering them to embrace authenticity in all aspects of their lives.

Estimated Session Time: 5 hours



CONTACT DETAILS

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