



Jan 2026 Workshops

About the Series

Be equipped with practical, immediately applicable skills to work, communicate, and lead with more confidence.

Our workshops blend teaching, real scenarios, and guided practice to strengthen everyday behaviours and leadership capacity. They are designed for professionals and team leaders across roles and industries.

Sessions run 1 to 5 pm on Saturdays:

- Authentic Leadership (10 Jan)
- Business Etiquette (17 Jan)
- Conflict Resolution (31 Jan)





Authentic Leadership (10 Jan)

Overview

Authentic leadership begins with knowing and trusting yourself. This session uses the MBTI framework to help participants understand their natural leadership patterns, communication style, and decision tendencies. Participants clarify their values, surface blind spots, and craft a personal leadership narrative that strengthens self-awareness and alignment.

What You Will Learn

- What authentic leadership means today
- How MBTI preferences shape leadership and communication
- Overused strengths and common blind spots
- How to craft a personal leadership statement
- One shift to strengthen leadership alignment

Business Etiquette (17 Jan)

Overview

Professionalism today is shaped by subtle behaviours that influence how others experience you. This session offers clear principles for being prepared, respectful, and composed in everyday workplace interactions, both online and offline. Participants refine communication skills, set boundaries confidently, and strengthen credibility.

What You Will Learn

- Modern definitions of business etiquette
- Subtle signals that influence professionalism
- Clear and appropriate communication across mediums
- Staying grounded under pressure



Conflict Resolution (31 Jan)



Overview

Conflict doesn't have to divide teams. This session equips participants with clarity and confidence to step into difficult conversations with less defensiveness and more structure. Using the SBI + Intention tool, participants learn to express tension constructively and practise navigating real conflict moments with empathy.

What You Will Learn

- The cost of avoiding conflict
- How team norms shape conflict signals
- Your default conflict reflex
- How to use SBI + Intention to speak into tension
- Confidence through scenario-based practice

Practical Information

- Online workshops you can join from anywhere
- Minimum 8 participants to run; maximum 15 for an interactive experience
- Sessions include worksheets, breakout discussions, and practical scenario practice.



Pricing & Registration

1 Workshop

SGD 250 per workshop

Any 2 Workshops

SGD 225 per workshop

All 3 Workshops

SGD 200 per workshop

Coming with a friend?

Additional 10% off for both of you.

Register your interest [here](#):



You will receive an invoice within 2 working days, and your seat is confirmed once payment is received.



Your Facilitators

The Recovering Workaholic helps leaders and organizations build sustainable success through practical coaching, focused training, and strategic enablement.

We have spent 50+ years growing brands and leading teams across APAC and Silicon Valley, learning what drives performance and what leads to burnout.

Today, we use that experience to help leaders work smarter with practical skills, clearer thinking, and healthier ways of working.



Rayne Chow



Joanne Goh

Thank You

Questions? Let's chat!

joanne@therecoveringworkaholic.com | +65 9189 3700
rayne@therecoveringworkaholic.com | +852 9094 8841

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