

# Empowerment Lab



Empowerment labs from Mindpower Strategic offer unique teambuilding and mindset-shifting solutions that build inclusion, energy, and connection across teams.

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## Can't We Be *Civil?*

### Building Bridges in Contentious Times

Americans today live in one of the most polarizing eras of our nation's history.

In the news, at the polls, on the street, and in the hallways of our workplaces, people seem more and more divided.

As emotions run high around controversial issues, how can we intentionally foster empathy, respect, and productive communication?

This engaging and interactive session offers thoughtful strategies we can all use to navigate difficult dialogues.

Participants will:

- Gain a richer understanding of civility, and its potential to help us connect across differences.
- Discover intentional strategies to shift the dynamics of challenging interactions.
- Learn to uncover and center shared values to find an aligned way forward.
- Takeaway insights for having more courageous, civil conversations of their own.

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A former Chief Diversity Officer in Corporate America, Angela Cooper has over two decades of business experience leading change and evolving cultures in healthy ways. As the founder of Mindpower Strategic, she now serves as a thought partner and change architect for forward-thinking business leaders who are invested in people-centered strategies.



## Book Angela

Please contact [angela@mindpowerstrategic.com](mailto:angela@mindpowerstrategic.com)  
or visit [www.mindpowerstrategic.com/book](http://www.mindpowerstrategic.com/book)

### *What Clients Say*

"Angela takes a topic that can be challenging and uncomfortable and makes it safe and doable. This session was a game changer for me and my team and will allow us to create a culture of care and accountability."

-VICE PRESIDENT OF ORGANIZATIONAL  
DEVELOPMENT, NONPROFIT

