

The **SHIFT/WORK** Shop

Bringing Humanity Back to Human Resources

WHAT WE DO

We offer workshops and trainings to businesses, organizations, and individuals that want to show up more authentically in their work. We help establish healthier relationships, better communication, and enhanced creativity through non-traditional and non-corporate modalities.

OUR MISSION

Gone are the days of 'work – life' balance. We don't want to just punch a clock, but want to be able to show up and have our work be a reflection of who we are and how we relate to the world. We aim to create workplaces and organizations of the future that support the whole individual – creating strong minds, bodies and hearts in the workplace.

ABOUT US

With a passion for the human experience and creating work places where people can thrive, Amanda Rue & Mikhaal Bates bring a diverse skillset including agency experience, non-traditional modalities and workshop leadership from around the world.

BENEFITS

We aim to meet the unique needs of each organization to support:

- 1 *Employee* Retention
- 2 *Healthy* Culture
- 3 *Connected* Teams

Current WORKSHOPS



People At Work

It's easy to forget at its core business is about people and relationships. Here we introduce basics of meditation and breathwork, explore two polarities of creativity that exist in every work environment, and foster meaningful and honest interactions with co-workers.



Harvest The Fall

With every quarterly shift, we offer a new workshop designed to transition companies through the changing seasons. Autumn focuses on high productivity, execution and delivery. This workshop ensures clarity and cohesion of teams moving through this season.

Let's get to work.

Contact us to learn more:
hello@theshiftworkshop.com