



Lead
Inspire Teach
Academy

Professional Development Training Experiences

Resident Assistant Training |
Leadership | Communication |
Career Readiness



Step 1

SELECT YOUR EXPERIENCE

The Signature Experience (1–3 Hours) **\$1,500 – \$3,500**

Best for: High-impact + flexible engagement

- Ideal for keynotes, workshops, or blended sessions
- Can include 1–3 modules depending on time
- Light to moderate interaction

Perfect for schools wanting impact without a full-day commitment.

The Intensive Experience (Half-Day | 3–4 Hours) **\$3,000 – \$5,500**

Best for: Skill-building + deeper engagement

- Multiple modules combined
- Interactive discussions + applied learning
- Strong balance of teaching + participation

The Immersion Experience (Full Day | 6–8 Hours) **\$5,000 – \$8,500**

Best for: Full training + transformation

- Multi-module experience
- Role-play, application, and coaching
- Deeper engagement and skill development

The Mastery Experience (Two-Day Intensive) **\$8,500 – \$15,000+**

Best for: Career readiness + communication mastery

- Advanced training and repetition
- Mock interviews + speaking development
- High-touch, performance-based coaching

Each experience is fully customizable using the modules below



Step 2 BUILD YOUR EXPERIENCE (MODULE MENU)

Experience Type Definitions

Lecture-Style Session	Workshop Experience (Lecture + Interactive)	Interactive Training (Hands-On Experience)	Intensive Training Experience (Extended Format)
<p>A lecture-style session is a high-impact, speaker-led experience focused on delivering key insights, strategies, and real-world perspective.</p> <ul style="list-style-type: none"> Primarily presentation-based May include light audience engagement (reflection, brief discussion, Q&A) Ideal for larger groups and foundational learning Focuses on awareness, mindset, and understanding <p><i>Best when you want students to learn, reflect, and be inspired</i></p>	<p>A workshop is a blended experience that combines teaching with guided participation.</p> <ul style="list-style-type: none"> Includes both instruction and interactive elements Students engage through discussion, small activities, or scenario-based thinking Encourages application of concepts in real time Balanced between listening and participating <p><i>Best when you want students to learn, reflect, and be inspired</i></p>	<p>An interactive training is a high-engagement, practice-based session focused on skill development.</p> <ul style="list-style-type: none"> Requires active participation from students Includes role-play, practice exercises, or live demonstrations Provides real-time coaching and feedback Designed for skill-building, confidence, and performance improvement <p><i>Best when you want students to practice, perform, and improve in real time</i></p>	<p>Intensive training is a deep-dive, immersive experience designed for advanced development over extended time.</p> <ul style="list-style-type: none"> Combines instruction, practice, repetition, and feedback Focuses on mastery and measurable growth Includes multiple training components (e.g., speaking, interviewing, leadership) Requires sustained engagement and participation <p><i>Best when you want transformation, not just exposure</i></p>

MODULES: MODULE MENU WITH CUSTOMIZATION OPTIONS

1 Professional Development Lecture

60 minutes **Type:** Lecture-Style Session

Focus Areas (choose 1–2):

- Professionalism in the workplace (attitude, accountability, communication)
- Transitioning from student mindset to professional mindset
- Time management and responsibility in leadership roles
- Workplace expectations vs. college expectations
- Personal brand and reputation building

2 Interview Preparation & Career Readiness

60–90 minutes **Type:** Workshop Experience (Lecture + Interactive)

Focus Areas (choose 1–2):

- Translating RA experience into resume language
- Answering common interview questions with confidence
- Behavioral interview techniques (STAR method)
- Professional communication and body language
- First impressions and interview presence

3**Confidence Building & Personal Presence (with Debate)** 3–4 hours **Type:** Interactive Training (Hands-On) **Focus Areas:**

- Finding and owning your voice
- Speaking with confidence under pressure
- Debate fundamentals (structured arguments and rebuttals)
- Overcoming fear of judgment or being wrong
- Building presence in leadership and group settings

5**Leadership in Action (RA Scenario Training)** 60–90 minutes **Type:** Interactive Training (Hands-On) **Focus Areas (choose 1–2):**

- Decision-making in real-time situations
- Handling responsibility and accountability
- Leadership under pressure
- Ethical decision-making
- Supporting residents while maintaining authority

7**“Let’s Talk About It” – Real Conversations** 60–90 minutes **Type:** Lecture-Style Session (discussion-based) **Focus Areas (customized conversation):**

- Real-life challenges students are facing
- Balancing personal life, school, and responsibility
- Relationships, boundaries, and self-worth
- Growth, mistakes, and learning experiences
- Open dialogue guided by student engagement

9**Mock Interview Experience (Advanced)** 3–4 hours **Type:** Interactive Training (Hands-On) **Focus Areas:**

- Live mock interviews
- Individual or group-based feedback
- Answer refinement and delivery coaching
- Confidence under pressure
- Professional presence and communication

4**Conflict Resolution & Difficult Conversations** 60–90 minutes **Type:** Workshop Experience (Lecture + Interactive) **Focus Areas (choose 1–2):**

- Managing peer-to-peer conflict
- Addressing roommate or resident issues
- Communication during high-emotion situations
- Setting boundaries professionally
- De-escalation techniques

6**Bridging the Gap: Generational Workplace Communication** 60–90 minutes **Type:** Lecture-Style Session (with guided discussion) **Focus Areas (choose 1–2):**

- Understanding generational differences (Gen Z vs. older leadership)
- Communication expectations in professional environments
- Receiving and responding to feedback
- Navigating authority and workplace hierarchy
- Work ethic, professionalism, and perception

8**Interactive Role-Play Experience** 60–120 minutes **Type:** Interactive Training (Hands-On) **Focus Areas (choose 1–2):**

- Conflict scenarios (roommates, policy enforcement, peer issues)
- Professional communication in real-time situations
- Leadership response training
- Practicing difficult conversations
- Immediate feedback and coaching

10**Public Speaking & Presentation Mastery (Signature Training)**

Full Day (6–8 hours) OR Two-Day Expansion

Type: Interactive Training (Hands-On | Intensive Program) **Focus Areas (multi-part training):**

- Speech writing and structure
- Organizing ideas clearly and effectively
- Rehearsal and memorization techniques
- Vocal delivery, tone, and pacing
- Body language and stage presence
- Overcoming speaking anxiety
- Live presentation and feedback

Step 3 CHOOSE OPTIONAL ADD-ONS

Workbook → \$20 per participant

What's Included:

- Branded participant workbook aligned with selected modules
- Guided note-taking sections for each session
- Reflection prompts and activity pages
- Key concepts and frameworks for reinforcement
- Take-home resource for continued learning after the workshop

Career Readiness Expansion → \$750 – \$2,000

What's Included:

- Deeper dive into resume development and formatting
- Advanced interview strategies and response building
- Practice with behavioral interview questions
- Personal branding and professional positioning
- Additional coaching and feedback beyond the standard module

Meet & Greet → \$250 – \$750

What's Included:

- Informal session with students after the workshop
- Open Q&A and conversation
- Networking opportunity
- Personalized advice and guidance
- Photo opportunities (if applicable)

Faculty/Staff Debrief → \$500 – \$1,000

What's Included:

- Post-session meeting with faculty or leadership
- Summary of student engagement and participation
- Key observations and themes from the session
- Recommendations for continued student development
- Opportunity to align future programming or training needs

Follow-Up Session → \$750 – \$1,500

What's Included:

- Virtual or in-person follow-up session (60–90 minutes)
- Reinforcement of key concepts from the original training
- Additional Q&A and student check-in
- Continued skill development and accountability
- Opportunity to address new challenges or questions

IMPORTANT THINGS TO KNOW

FACILITATION & ENGAGEMENT STRUCTURE

- Up to **50 participants** → facilitated by Dr. Rox
- Larger groups → **additional facilitators required for interactive workshops**
- **1 facilitator per additional up to 25 participants \$300 – \$750 per facilitator (per session/day)**
 - » 1-50 One facilitator (Dr. Rox)
 - » 51-75 two facilitators etc...

TRAVEL & LODGING

Travel and lodging are not included in the training investment and will be covered by the client for in-person engagements outside of the local service area.

Clients may either:

- Book airfare and hotel accommodations directly, or
- Request that arrangements be made on their behalf and reimbursed accordingly

BOOKING & PAYMENT TERMS

- A non-refundable deposit of **25%** is required to secure your date
- Remaining balance is due **prior to the scheduled training date**
- Dates are not confirmed until deposit is received

CANCELLATION & RESCHEDULING

- Cancellations made within 30 days of the event may be subject to a fee
- Rescheduling is permitted based on availability
- Deposits are non-refundable but may be applied to a future date

TECHNICAL REQUIREMENTS

- Projector and screen (if presentation is required)
- Microphone for larger audiences
- Reliable audio/visual setup
- Space suitable for interactive activities (for workshop/training formats)

ADDITIONAL TIME

- Additional time beyond the agreed schedule may be added at a prorated hourly rate