

Empowerment Lab



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

What Clients Say

"Angela's engaging facilitation style sparks insights that lead to behavior change. The content is always relevant and something you can incorporate immediately."

-FOUNDER, NATIONAL DEI CONSORTIUM

Difference Dialogues

Constructive, respectful conversations to foster empathy and understanding.

How old is 'old'? What does it mean to do something 'like a girl'? How does it feel to get 'the look'?

None of us want to feel like outsiders. This session invites us to contemplate the impact of differences and their associated "isms" in our daily lives. Using the power of short, thought-provoking videos and guided group reflection questions, we can deepen our understanding of how we are all affected by stereotypes and biases.

The goal is not to "solve" any issues, it is to become more comfortable sharing and listening in a way that creates a culture of inclusion.

In this session, we will:

- Spark curiosity and challenge assumptions about the different realities we face across age, gender, and race
- Consider how everyday language and behavior can unintentionally reinforce barriers that persist across society
- Practice listening in a way that affirms one another and enriches relationships
- Build a shared commitment to healthy, respectful, and constructive dialogues about difference

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

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or visit www.mindpowerstrategic.com/book