DMC™
CONSULTING GROUP

TRAINING CATALOG

Signature Trainings



WELCOME TO YOUR CAREER GROWTH JOURNEY



Hello and welcome,

I'm so glad you're here—and I'm honored that you chose to download this training guide.

If you're reading this, chances are you're thinking seriously about your career: where you are, where you want to go, and what it will take to move forward with clarity and confidence.

Whether you're navigating change, preparing for your next level, or simply trying to make sense of an ever-shifting workplace, please know this—you are not alone, and you are not behind.

Each of the training topics included in this guide was designed with real people in mind—men and women who are ambitious, capable, and often carrying more responsibility than they're given credit for. I've spent my career working with professionals at every stage, and I've seen firsthand how powerful it can be when the right insight, strategy, and support come together at the right time.

These workshops are not about theory for theory's sake. They are practical, honest, and grounded in today's realities—helping you better understand the "rules of the game," strengthen your confidence, build meaningful relationships, and position yourself for growth in ways that feel authentic and sustainable.

Every organization—and every audience—is different. All trainings can be tailored to fit your organization's specific needs, audience level, and development goals. **Custom workshop design and combined modules are also available upon request**, ensuring the experience is aligned with your people, culture, and desired outcomes.

My hope is that this guide sparks new thinking, encourages meaningful conversations, and reminds you that growth is always possible—with the right tools and the right support.

Thank you for taking this step. I look forward to what's ahead for you.

Warmly,
Dr. Anesa Davis
DMC Consulting Group



THE 4CS PROFESSIONAL GROWTH WORKSHOP

Description: A foundational training that strengthens Clarity, Confidence, Competence, and Consistency. Participants learn how to set aligned goals, communicate their value, build relevant skills, and sustain habits that support long-term success.

MOVE NOW ACTION PLANNING WORKSHOP

Description: A practical, high-impact session guiding participants through the Move Now Loop — Recognize, Decide, Act, Do — to help them overcome hesitation, make aligned decisions, and take meaningful action toward personal and professional goals.





MIND YOUR 'SHIPS CAREER RELATIONSHIPS TRAINING

Description: A hands-on workshop using the MAPS model to deepen understanding of Mentorship, Allyship, Partnership, and Sponsorship. Participants assess their current "ships" and build a personalized strategy for strengthening relationships that support growth and opportunity.

PROFESSIONAL PRESENCE & SELF-ADVOCACY SKILLS

Description: This training helps participants show up confidently, communicate their strengths, advocate for opportunities, and build credibility in conversations, meetings, and high-stakes environments.





CAREER STRATEGY & DEVELOPMENT PLANNING WORKSHOP

Description: Participants learn how to articulate strengths, identify development needs, set career goals, and build actionable development plans that support advancement and readiness.

EARLY CAREER READINESS & INTERVIEWING SKILLS BOOTCAMP

Description A practical training for students and early-career talent focused on interviewing, storytelling, professional presence, workplace expectations, and the habits that set people up for success.

