



Workshops for Leaders

The challenge for leaders is to keep their team in a high-functioning state while balancing their own responsibilities. Conflict and performance issues are time-consuming, costly and can be awkward to address.

Performance Coaching

This workshop is designed to help you incorporate daily practices that will nurture a high-functioning team and address “issues” before they become issues in actuality. Topics to be covered include:

- Setting clear and objective expectations
- Building rapport and relationships with team members
- Giving positive and critical feedback
- Conflict management
- Maintaining motivation

Coaching Skills for People Leaders

This workshop is designed to help you conduct and integrate effective coaching discussions with team members in order to support ongoing professional growth and development. Topics to be covered include:

- Identifying key characteristics of successful coaching
- How to create trust and foster productive conversations
- Coaching skills and competencies such as establishing boundaries, challenging assumptions, and getting buy-in
- Active listening to understand what's being communicated and why it's important to the other person
- How to adapt your coaching style to individual preferences and circumstances

Conflict Management & Resolution

This workshop is designed to help you recognize the causes of conflict, when it can benefit the organization and when it is detrimental, and how to manage and resolve it to move those involved forward. Participants will have the opportunity to:

- Change their perspective on conflict so conflict is addressed immediately and misunderstandings are not left to fester
- Develop deep listening skills that allow another to be heard and understood
- Learn 5 steps for a calm and productive conversation to resolve conflict
- Learn how to craft clear and concise expectations to mitigate future conflict
- Develop a personal action plan to deal with conflict in future situations



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As leader you also need to focus on your own development - professionally and personally. You are the model for those you lead and they will respect a leader who is always looking to identify their blind-spots, and improve their leaderships and technical skills.

Your Stress Personalities & How to Use Them to Your Advantage

This workshop is designed to help you discover how to identify your own default stress personality traits and how to choose differently if your default is not working for you. Learn how to consciously choose how you respond to the world around you. Let's face it, life happens. But rather than being at its mercy you can learn to use what comes at you to your advantage. Topics to be covered include:

- Understanding why and how stress gets triggered
- Perspectives that minimize and even remove debilitating stress altogether
- Common stress "personalities" and how to identify which ones you default into
- Practices that will give you mastery over your stress response
- Identifying another's stress response so you can guide them out of it

Creating Goals that are Worthy of You

The word GOAL can be intimidating or a turnoff for you if you've experienced failure in the past or if you've achieved a string of goals that were "no big deal" - unfulfilling. In this workshop we toss out the old arbitrary formula for setting goals and create goals that not only represent who you are and the life you want to live, they will guide you to let go of who you are not and old patterns that do not work for you as you strive for a goal (or several). Participants of this workshop will:

- Explore what has worked and not worked in the past
- Create goals that are what they want for themselves, and not cookie-cutter goals that don't make sense
- Learn how to leverage their strengths to achieve their goals quicker and more effectively
- Create a way to track their progress to sustain momentum
- Identify who they need to be to achieve your goals (missing from most goal setting systems and yet so crucial to success!)

I would love to support you in achieving your goals and the goals of your organization.

Email jodi@womentakingthelead.com or call 207-937-2075

