



LEADERSHIP DEVELOPMENT WORKSHOPS/PRESENTATIONS

for individuals, organizations, grade school students,
teachers and whoever else is interested.

All workshops can be tailored to specific needs. Each individual workshop can be as short as 1 hour and as long as 3 hours.

If you prefer a presentation style, each interactive presentation is 1 hour long.

Embrace. Emerge. Empower. The Essentials to Effective Leadership

During these sessions, participants are introduced to the three steps to effective leadership. Participants will learn what Values Based Leadership is and why it is essential to live a values centered life. We often think we know what is important to us, but these sessions will provide clarity and may reveal unexpected core values. Clarifying one's values gives people the power to embrace their values, and live by them. Participants will walk away from this workshop energized and feeling empowered.

Values-Based Living/Leadership

This session has been known to be the most powerful. People may think you know your values, but this workshop brings them to the forefront and challenges participants to think about whether they live by them.

Visioning

Those who see their future are more likely to accomplish the things in life they want. In this session participants will be guided through a process that will help them see 5 -10 years down the road. They will create dream boards and leave with a clear vision of their goals and how to achieve their best life.

Goal Setting

We too often hear that people set goals and find it very difficult to accomplish them. Participants will leave this session having mapped out what their goals are and the steps needed to accomplish them. Participants will be taken through a meditation that will help them visualize their future self. After this session, participants will feel empowered to make their vision a reality.

*Goal setting follow up sessions are recommended.



Breaking Barriers

People often feel there is something holding them back from being successful. Whether it is academic struggles, lack of confidence, or performance anxiety, it is essential to identify our own barriers in order to overcome them. In this workshop, participants will explore and discover their personal barriers and then use their mental and physical strength within them to overcome the one thing that is holding them back. The barriers that always seem impossible to overcome will be conquered during this session. Participants will leave feeling like warriors who are ready to take on the world with confidence.

Personal Strengths

Identifying personal strengths and building on what you do well can be one of the most empowering things you do for yourself. During this workshop, participants will learn what they truly are good at through looking into all different aspects of their personality. This eye-opening session will help participants hone in on their strengths, so they can use them to maximize their potential.

Maximizing your Impact

Why is it that some people are able to easily connect with others? During this session, participants will learn some tricks on how to maximize their impact when working and interacting with people. Participants will walk away with a handful of tools they can be applied immediately. This session is known to make an immediate impact on coaches and teachers who work with others on a day-to-day basis.

Know Your "Why"

It is easy to communicate what you do and how you do it. It is much more difficult to articulate your "why". Research suggests that those who know their "why" are more effective and successful at what they do. People who know their why are driven with passion to move towards their purpose. During this workshop, participants will learn their "why" and how to effectively communicate their "why" with others.

Accountability

- Are you tired of always having to follow up on others to make sure they are going to meet deadlines?
- Do you sometimes lose track of who is responsible for what task?

Participants will be given strategies on how to ensure others are accountable for the work they do. Also, participants will be given a tool that can help them keep track of delegated tasks. This workshop is guaranteed to provide tools that will help with accountability within any organization.