



Stress-Free Leadership Workshop

Objectives

Participants will:

- See themselves as leaders and responsible for moving their department forward, even if they don't have a leadership title
- Be able to identify at least 3 relationship-building strengths that were previously underused
- Take responsibility for how they contribute both positively and negatively to the atmosphere of their workplace
- Learn how to bring out the best in others by identifying the qualities that make each individual a unique asset to the team
- Learn how to minimize office drama and resolve conflicts while gaining trust and respect
- List personal hooks and triggers that make them vulnerable to negativity, and one or more sure-fire ways to side-step those hooks
- Use two or more of the powerful communication strategies practiced in the session to facilitate positive outcomes
- Learn the 5 components of TRUST to elicit cooperation from co-workers and subordinates
- Practice new strategies of awareness to mitigate stresses and move through challenges with greater ease and with a higher level of productivity