

Leadership Awareness for the Progressive Thinker

It begins with self-awareness and managing risk

Business executives recognize that emotional intelligence (EI) is a major determinant of the success of individuals and ultimately the company's bottom line. A high level of EI encourages adaptability and empowers positive attitudes. People are savvier in handling relationships and can more easily handle challenging situations.

Those leaders that are aware of their own triggers are more flexible and resilient—which leads to greater confidence in their leadership abilities from themselves and their followers.

It *does* make a difference what you do and say. Your words and actions have an impact on your company. You have a greater influence in the thoughts and feelings that drive team members' actions. Your effectiveness is based on how well you are able to discern others' unspoken meanings and take appropriate action—or inaction.

You will explore the underlying motivation behind your behaviors and create your own action plan to negate unproductive thoughts and actions.

Why choose this Program?

The most successful leadership teams have the same thing in common—they understand each other's actions and motives, and are able to express themselves without riling the defenses of others. Imagine the level you'd reach if your executive team used their emotional intelligence abilities to more smoothly resolve issues and overcome challenges.

Attendees will complete the Bar-On EQI assessment to use as a basis for discussions and to craft their own personal improvement plan.

Who will this Program benefit?

Leaders that can use additional techniques to hone their own leadership skills, or want to hear how different styles of leadership can have a different effect on their team. You will keep on the cutting edge of EI and leadership developments to better collaborate and manage inter-team and intra-team conflict.

After attending this seminar, you will:

- Realize the importance of emotions in the workplace
- Recognize when emotions do the most good—and the most harm
- Monitor and modify your emotions and actions to benefit of yourself, your team and your organization
- Implement effective EI techniques to remain calm and handle adverse team dynamics

Partial full-day agenda:

- Explore own 'triggers' and design a roadmap of appropriate responses
- Clarify misconceptions on your thought processes and subsequent behaviors
- Diagram managing disruptive emotions
- Enact 'fightin' words' and counter-conflict phrases
- Diagnose, laugh, practice, learn, balance, choose, adjust, acquire

This program is ideally suited

For executive teams that want to create and sustain a healthy and productive work environment and capitalize on your leadership traits. Your leaders will leave motivated and equipped with new 'real world' methods to handle many challenging situations

Select your format:

Keynote: 30 / 60 / 90 minutes

Seminar: 1/2 day, 1-2 full days (Leadership debrief and follow up handouts provided)

Coaching/Consulting Sessions: Individual, Pairs, Triads or Groups: Contact Shari for details

Also available as break-out sessions. Contact Shari for more information

Part of the breakthrough Leadership Awareness Series

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Time for a strategy session from a totally different perspective? When you are ready to increase your level of communications and interaction Call Shari for one component of LEADERSHIP AWARENESS