



## **LEADERSHIP & TEAM-BUILDING WORKSHOPS**

### **I. The Bigger Game**

The Bigger Game is a powerful program that is designed to inspire executives, leaders, teams and individuals to get out of their comfort zones and create **intentional positive change**.

It is '*played*' on nine squares on a Tic-Tac-Toe type board on the floor and participants move around interacting with both the squares and each other. It is an **innovative model** that guides and challenges people to uncover what's missing and holding them back from both personal and professional success. I

There are videos, workbook activities, and exercises that move you through the experiential program. Upon completion everyone names their '**Bigger Game**' and commits to taking actions steps to bring their vision into reality. Teams and organizational leaders have solid tools to reach their goals.

While it was originally designed as a 2-day program, it can be delivered in multiple formats to meet your objectives and time-constraints. I offer a half-day, 1-day, 2-day and monthly format.

Regardless of *how* it's delivered, it is always **Powerful, Transformational, and most of all Successful!**

## II. Think Yourself Successful

Everything begins in the mind! You can have all the right skills, talents, and training, but without the **right mindset** you will struggle to be successful!

This unique program is designed to re-engage individuals, teams, and executives to break through their personal blocks and finalize realize the success they desire.

The program is both experiential and tactical with presentations, exercises and activities designed to uncover the things that are getting in your (and organizations) way. Participants learn to let go of negative thinking patterns and bad habits by replacing them with success patterns and new behaviors.

This program is ideally delivered monthly, building each month upon earlier lessons. Each participant focuses on particular goals and objectives they'd like to achieve during the program. It also includes follow-up coaching and feedback.

**Success is *attainable* when you have the right **Mind Tools!****

## III. Delivering Powerful Presentations

Do you need to deliver Information? Present your Ideas? Inspire people to take Action? If you answered '**Yes**' to any of these questions, then you need to be able to deliver powerful presentations that **Inspire, Motivate and Inform!**

Great presenters know how to engage their audience and leave a lasting (***positive***) impression! In this workshop you'll learn foundational principles and '*secrets*' of the great presenters through a simple template you can use in multiple formats. Each participant will craft and deliver a presentation at the end of the program and receive constructive feedback and coaching.

**Overcome your fear** of public speaking or even just speaking up at meetings! **Craft your message for lasting impact and positive change!**

## **TRAINING TOPICS**

*( Partial List)*

### **I. Stress Management Topics**

- a. Managing Stress**
- b. Holiday Stress**
- c. Stress for Success**
- d. Shift Stress**

### **II. Work/Life Balance Topics**

- a. 5-Bucket Principle**
- b. Enhancing Work/Life Balance**
- c. Inner – Balance**

### **III. Time Management**

### **IV. Managing Priorities**

### **V. Business Topics**

- a. Team-Building**
- b. Branding your Team (Company)**
- c. Managing Up**
- d. Basic Supervisory Skills**
- e. Leadership Basics**
- f. Coaching for Success**
- g. Performance Management**
- h. Resumes**
- i. Business Etiquette**
- j. Interviewing Skills**
- k. Career Strategies**
- l. Ethics & Integrity**
- m. Diversity & Inclusion**

## **VI. Work Relationship Topics**

- a. Creating a Positive Work Environment**
- b. Diversity**
- c. Dealing with Difficult Behavior**
- d. Managing Conflict**

## **VII. Communication Topics**

- a. Assertive Communication**
- b. Effective Workplace Communication**
- c. Initiating Difficult Conversations**
- d. Non-verbal Communication**
- e. Intergenerational Communication**

## **VIII. Financial Topics**

- a. Managing Personal Finances**
- b. Budgeting Basics**
- c. Coping with Financial Stress**
- d. Saving for Retirement**

## **IX. Parenting Topics**

- a. Internet Safety**
- b. Anti-Bullying**
- c. Raising Healthy & Happy Children**
- d. Single-Parent Parenting**
- e. Family Communication**
- f. Children & Stress**

## **X. ElderCare Topics**

- a. Eldercare Issues**
- b. Eldercare Resources**
- c. Sandwich Generation Issues**

## **XI. Change Management Topics**

- a. Managing Change**
- b. Stress & Change**
- c. Surviving Layoffs**

## **XII. Resiliency**

## **XIII. Health & Wellness Topics**

- a. Weight Management**
- b. Readiness for Healthy Change**
- c. Staying Healthy at Work**
- d. Exercise & Fitness**
  - 1. Walking for Fitness**
  - 2. Exercise Basics**
  - 3. Fitness at Work**
- e. Heart Health**
- f. Healthy Lifestyle**
- g. Flu Season**
- h. Holiday Eating**

## **XIV. Happiness & Positivity Topics**

- a. Mindfulness**
- b. Happiness 101**
- c. Humor for the Health of It**
- d. Power of Positive Thinking**
- e. Emotional Intelligence**

## **XV. Specialty Topics**

- a. Transgender**
- b. Workplace Violence & Harassment**
- c. Reasonable Suspicion**
- d. Compassion Fatigue**