



# Leadership, Growth & Performance

Engagement, Leadership  
Development, Motivation, Mindset

## *Coaching for Change*

*Ready, Set, Grow!*

Motivation, support, encouragement, accountability and healthy challenges matter! These variables collectively impact how you think, feel, communicate and perform personally and professionally. Research shows that relationships are integral to health and human flourishing – and partnership with a compassionate coach is equally supportive. Let's look closer at human motivation and stages of change to discover how coaching can set the stage for short-term and long-term success!

## *Cultivate Confidence*

*Practices to Strengthen & Leverage Self-Efficacy*

This session takes an in-depth look at key drivers of confidence to support you in developing and applying a personalized plan. By leaning into this important variable, everyone wins – you, your teams, your organization and your clients. Key learning objectives include (1) self-assessing confidence, (2) exploring specific, personalized next steps for building capacity and self-assurance and (3) discussing ways in which psychological safety can shift workplace culture and confidence.

## *Limitless*

*Lean In to What's Possible*

Whatever you say to yourself repeatedly, your mind will begin to believe – whether it's true or not. Let's sit with that for a moment ... self-spoken words are powerful stuff! Limiting beliefs can cause a pattern of playing small and feeling held back by self-doubt. This session looks at noticing these patterns and reshaping self-talk for limitless thinking and relentless action.

## *Make it Happen!*

*Shift from Goal Setter to Goal Getter*

According to Zig Ziglar, "97 percent of the people in our society do not have a clearly defined, written down set of goals for their lives." People may get stuck thinking about a potential goal or change, only to stay frozen by inaction. What would it take to shift from thinking about aspirations and outcomes to actually knocking them out of the park? Let's dive into best practices for getting clarity, leveraging strengths, overcoming obstacles, staying laser focused and getting after your goals.

## *Ready, Set, Grow!*

*Master Mindset to Continuously Improve*

Wellness is a process characterized by continuous improvement for enhanced well-being. Join us to discuss mindset matters and how to create a workplace culture committed to growth. This session explores the process of continuous improvement and how it can apply to your life both at work and at home. Key learning objectives include understanding the impact of mindset, reviewing common systems and processes known to elicit continuous improvement and sharing best practices for celebrating and learning from past experiences.



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## *Strengths-Based Living*

*How to Find, Leverage & Lead with Your Superpowers*

Everyone brings something special to the workplace and the community at large. Let's look at ways to assess and apply existing strengths for maximum impact and life satisfaction. This session is highly interactive with multiple opportunities for self-assessment, discussion, sharing and planning a big picture vision leveraging your greatest assets.

## *The Power of EQ*

*Examine Emotional Intelligence at Work*

According to "Psychology Today," emotional intelligence refers to the ability to identify and manage your own emotions, as well as the emotions of others. Join us for an introductory experience around the power of emotional intelligence (also known as EQ) and discover how it can positively impact you, your relationships and your experience of work and life.

## *The Well Leader*

*Five Principles to Win the Workday, Slay Self-Care & Support Your Teams Along the Way*

Leaders influence others. They inspire and create impact. They set, reach and exceed goals. It is meaningful and important work that demands adequate self-care and health care to really go the distance. By this definition, anyone – regardless of title – can position themselves as a healthy and inspiring influencer. Attend this session to discover five principles for living as a Well Leader. After all, when you are living your best life, others may be empowered and inspired to do the same. If you are ready to make a difference in your life, your community and your workplace, this session is for you.

## *WINSday*

*Stand in the Place of Possibility & Positivity, Then Celebrate Along the Way*

What might change (for you) if every workday was centered around optimism and consistent celebration? Having an optimistic outlook on life – a general expectation that good things will happen – may help people live longer, according to a study from the Harvard T.H. Chan School of Public Health. Plus, according to the Mayo Clinic, health benefits provided by positive thinking may include better cardiovascular health and reduced risk of death from cardiovascular disease, better coping skills during hardships and times of stress, better psychological and physical well-being, greater resistance to the common cold, lower rates of depression, lower levels of distress and increased life span.

When we expect the good, and notice the good, we can further the momentum by spreading the good. To celebrate means to honor and praise publicly, and we can shape a workplace and workday into one that gets really good at precisely this!