



Priority Learning
inspiring tomorrow's performance...

Women's Leadership Series

Our *Women's Leadership Series* is designed for current or aspiring female leaders seeking progressive approaches to boosting self-confidence, influencing at all organizational levels, living a more balanced life, and inspiring other women to do the same. This series concludes with an actionable personal development plan as well as a knowledge-sharing celebration. This series includes all materials/workbooks, and resources throughout.

Day One: Personal Resiliency—Leadership Foundations

- ◆ Understand what it takes to really thrive in our increasingly distracting, fast-paced, and competitive culture
- ◆ Get a balcony view of yourself and your life at home and work so you can see what's going well, what needs improvement; what to hold onto, what to let go of
- ◆ Learn the true definition of work/life balance (most of us have the meaning all wrong and it's causing stress) and how to achieve and sustain it
- ◆ Get to the heart of what's essential for you to be successful, and set the stage for attracting it

Day Two: Positive Psychology—The Key to True Success

- ◆ Explore recent discoveries from the fields of neuroscience and positive psychology about the true cause and effect relationship between success and happiness
- ◆ Reprogram your current thinking to increase focus, clarity, creativity, and achieve desired results
- ◆ Rediscover and awaken your "Core Self" to effectively lead yourself and your life with purpose and intention
- ◆ Use new tools to become an authentic mindful leader and proliferate these approaches throughout your organization

Day Three: Emotional Intelligence—Engaging Yourself and Others

- ◆ Learn why advanced emotional intelligence (EQ) is crucial to your success in our hectic, technology-obsessed world
- ◆ Discover the five levels of EQ and how to leverage them to gain influence at home and work
- ◆ Assess your own EQ and develop a plan for improvement
- ◆ Become better at bringing out the best in yourself and those you lead

Day Four: The Power of Personality—Living Your Values and Managing Stress

- ◆ Use the MBTI personality assessment to better understand yourself and appreciate others
- ◆ Learn how to define and live your values to maximize your potential
- ◆ Acquire strategies for calmly and confidently addressing conflict at work and home
- ◆ Explore how personality type impacts stress and discover tools to manage your response to it

Day Five: Sustaining Success—Goal and Action Planning—Series graduation and networking event

- ◆ Reflect on the series and develop an action plan to move your learning forward
- ◆ Celebrate your transformation with a graduation and networking event for friends and colleagues

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