

One To World Leadership Workshop

Today's uncertainty is putting new demands on leaders, requiring new skills, perspectives and mindsets. This leadership workshop series gives you access to cutting edge thinking on neuroscience, mindfulness, compassion, emotional intelligence, and leadership practices.

Each workshop will be highly interactive and include a lecturette, articles, video vignettes, meditation, self-assessment opportunities and large group, small group, and pair discussion activities.

Format: Six one-hour modules of content. Live Zoom sessions will be held on (date and time tbd).

Modules

The Power of Mindful Leadership for 21st Century Leaders

Key Takeaways

- Draw upon the latest research and findings on neuroscience, mindfulness, and compassion.
- Learn how to apply the principles of mindfulness to various types of leadership challenges and opportunities.
- Explore how mindfulness can make you a better leader in both formal and informal leadership roles.
- Understand the concept of neuroplasticity and how to use it.
- Discover how the brain works, including why the critical inner voice exists, and how to replace it with self-compassion.

Emotional Intelligence and Leadership

Key Takeaways

- Use an assessment tool to identify your emotional intelligence strengths and areas for improvement.
- Learn about the twelve dimensions of emotional intelligence.
- Discover ways of working with emotional intelligence that lead to better outcomes with people at work or school
- Enhance your knowledge about emotionally intelligent leadership and learn how to adapt your approach in different circumstances

Mindful Listening and Communication

Key Takeaways

- Learn how to listen with empathy and compassion.
- Enhance your ability to speak openly and hear others even when you don't agree.
- Improve your ability to stay fully present in challenging conversations.
- Identify key aspects of active listening.
- Develop a greater awareness of how body language affects the way you are heard and how you listen.
- Create stronger connections with other people and the world around you.
- Strengthen your ability to listen more effectively across cultures.

Deepening Relationships with Mindful Conflict Resolution

Key Takeaways

- Recognize why some conflict is to be expected and why it is a part of healthy relationships.
- Contrast the various modes that can be used in conflict resolution.
- Assess your own mode of conflict and how this helps or hinders you in working with conflict.
- Develop strategies for dealing with conflict and get some ideas about how to resolve difficulties.
- Discover how emotional intelligence is used to resolve conflict and build emotional bonds.

Giving and Receiving Constructive Feedback

Key Takeaways

- Discuss why feedback is critical to leadership success.
- Learn the fundamentals and specific steps for providing constructive and mindful feedback to others.
- View a leading expert in "Get better at receiving feedback" video.
- Practice and receive feedback using a seven-criteria feedback framework.

Cultivating Resilience: Seven Key Characteristics

Key Takeaways

- Discuss the ability to maintain and enhance effectiveness in the midst of a fast-paced, high pressure and continuously changing environment.
- Review the physical, mental, and emotional ways you can strengthen your ability to master current and upcoming challenges.
- Discuss the change process and the different ways in which people respond to change.

- Develop a set of strategies to manage change and identify reliance behaviors that lead to personal and professional success.

Facilitator: Linda A. Smith

For 25 years, Linda A. Smith has been coaching Fortune 100 executives and their teams across geographic markets. She has worked with a broad range of industries, including financial services, private equity, hedge funds, pharmaceuticals, medical products, industrial products, beauty products, and with domestic and global non-profit organizations. Linda offers her clients a global perspective, honest feedback, and an opportunity to improve self-awareness, emotional intelligence, influence, and mindful leadership. Linda holds a Bachelor's and Master's degrees in Speech Communication from San Francisco State University and has certifications from Nalanda Institute - Compassion-Based Psychotherapy and Embodied Transformation; Babson Executive Education- Conscious Leadership: Leading with Purpose & Authenticity; and is a student of the Stanford University - Applied Compassion Academy.

EXECUTIVE DEVELOPMENT

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