



Developing Essential Tools to Rise to Excellence in Our Emerging New Normal

OVERVIEW There's no question that the world is still experiencing the most significant disruption of our lifetime. This has taken a toll on our organizations. Simultaneously, it has presented opportunities to energize and direct our teams forward, evaluate our priorities, identify a clear direction and recommit to our core values and mission. Our ability to reinvent and innovate into this new reality will be critical to business revitalization and longevity.

A key to maintaining balance within this disruption is inspiring mental and emotional confidence that there is a plan forward. In this live, interactive virtual workshop, Lesley will help your teams develop trust, which is the most critical factor in successfully leading an organization into a new normal.

Your leadership will be well-positioned to assess, adapt, and assimilate in the face of the complex global changes ahead.

KEY LEARNING ELEMENTS

There are 5 key pain points that limit our ability to be our best selves, living our best lives. Each of these link directly to an absence of unwavering self-trust.

Trauma of being born: Why am I here, what is my purpose?

Lack of self- value: How do I doubt myself?

Lack of self- appreciation: How do I deny love for myself?

Abasement: How do I abuse myself?

Abandonment: How do I reject myself?

WORKSHOP OUTLINE

1 Day Workshop

- Introduction to *How Habits are Formed and Control Our Behavior*
- Trust Identifier and Assessment
- Mindset-Reset processing and exercises
- Self-Limiting Habitual Response exercises
- Reframing
- 30-day Personal Objective
- 30-day Group Objective

WHO WOULD BENEFIT GREATLY FROM ATTENDING

Team Leaders from “C” Suite to micro-business owners ready to develop organizational cultures of collaborative engagement. Founders and leaders of cultural organizations focused on innovation and evolution. Organizations focused on mentoring today’s young women into tomorrow’s influencers and agents of change.

INSTRUCTORS BIO: LESLEY MICHAELS

Lesley Michaels ran up the ranks of corporate oil before women were common within that industry. Fascinated by entrepreneurialism she moved on to build and sell a few small businesses. It was during this period that Lesley was invited to the public speaking stage and entered the transformational coaching arena. Beyond all else, Lesley’s life has been that of a student, fueled by an unwavering fascination with human behavior. She has spent decades studying and researching psychology, personal development, spiritual questing and the science of brain function as it relates directly to the mindsets that lock us into habitual behavior patterns. Lesley combines the results of her investigations with a practical, no-nonsense approach to guiding individuals through the reset of old and limiting thought patterns with particular focus on those that limit our self-trust. She has a finely-tuned expertise in teaching individuals how their brain responds to the verbal, thought and action stimuli of their daily experience. Application of the simple yet potent practices she has developed creates shifts toward a more satisfying and trust-filled life.

Rooted in her love for humanity, as a whole, Lesley has also devoted a great deal of energy coaching and advocating for those with unacknowledged or under-valued voices.

FOLLOW-UP SUPPORT

Ninety-day check-in over Zoom to assess progress and offer feedback

CONTACT

Team@WomenWeShouldKnow.com