



# LEARNING

Jodee Bock is a thought leader and a facilitator of non-traditional learning and growth opportunities.

As a Life Purpose and Career Coach, Jodee is committed to assisting participants in getting beyond the reasons – both FOR and AGAINST – that may have kept them stuck in merely familiar ways of doing and being.

Using Socratic methods and emergent thinking and communicating, Jodee encourages people to learn and practice skills that will assist them in being the best they can be in all aspects of their lives.

Following are several courses Jodee has written and facilitated for many clients over the past 20 years.

All of these courses can be customized based on the client's desired outcomes.

You can learn more about Jodee at her website, [JodeeBock.com](http://JodeeBock.com) or by following her on Facebook or Linked In.

Her podcast is called Circle Up & Get REAL, and you can find that wherever you get your podcasts.

She also co-hosts The Enlightened Leadership Lab on Mondays from 3-4:30 central where members gather to learn, witness, and experience emergent conversations, and then take their learning to the rest of their lives.

More information is available at [www.EnlightenedLeadershipLab.com](http://www.EnlightenedLeadershipLab.com).





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## Becoming A Leader Others Want To Follow

What makes people WANT to follow a leader?

If you had to boil leadership effectiveness down to just one characteristic skill, what would it be?

In this one-hour open dialogue, Jodee will offer ideas about how self-awareness, together with practical and essential communication skills, might be the ticket to employee retention and maintaining an authentically powerful corporate culture.

### Course Objectives:

- Personal awareness
- Language distinctions
- Personal accountability
- Opportunities to be CURIOUS over FURIOUS

**Time Commitment:** One hour

**Investment:** This is typically a free overview to begin the conversation about these essential leadership skills. It opens the door to more specific essential skill development workshops.





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## Saying What Needs To Be Said Without Burning Up or Burning Out

### Program Summary”

Words create worlds, yet unless we are self-aware, we won't realize that the worlds we find ourselves involved with as leaders are often a reflection of the words we use in our own self-talk. When they take full responsibility for everything that comes into their world, leaders develop new conversations not only with others, but with themselves. Jodee will share ideas for leaders who feel called to wake up to reality without letting reality define them by learning some powerful strategies for enhancing both intrapersonal and interpersonal dialogue.

### Course Objectives:

- This course will give participants a new lens through which to identify and build solutions around their frustrations as leaders by reframing their own participation in their communication at work.
- Participants will gain new tools for having the conversations they feel are the necessary yet difficult ones in their work environments. An anticipated outcome is their ability to identify their objective when planning a difficult conversation so that they can better plan –and even script – the dialogue in advance.
- While it's helpful to create an objective, we will also examine how the space provided by the listener can and does affect the entire communication, through an experiential activity.
- Participants will receive scripts and dialogues they can practice and utilize to enhance the effectiveness of their participation in those tough conversations.

**Time Commitment:** Two hours for the workshop

**Investment:** \$3,000 for any number of participants.





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## P.O.W.E.R. Tools For Work & Life

Your influence and impact as a leader will grow only to the extent you do. If you're not connected to your own personal POWER, you may find yourself forcing those relationships which will help and support that growth.

This interactive and informative session unlocks some of the secrets to standing for what you do believe in rather than fighting against what you don't.

This workshop is based on Jodee's book, *P.O.W.E.R. Tools @ Work*. The subject can be offered as a one-hour keynote, or a 2-hour workshop.

### Course Objectives:

- More effective **Communication** between and among teams
- Improved **Productivity** as a result of that Communication
- Increased **Employee Engagement** with tools to be solution-focused instead of only problem-focused
- More **Authentic Relationships** both inside and outside the workplace

**Time Commitment:** Two hours for the workshop

**Investment:** \$3,000 for any number of participants. The book is available for purchase as a follow-up facilitator guide.





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## R.E.A.L. Impact: Learning to Communicate by Communicating

Effective communication is a crucial element of leadership success, both at work and at home. From one-on-one dialogues to group presentation and facilitations, R.E.A.L. Impact teaches managers, supervisors, and workplace leaders the foundation upon which to build a strong culture where everyone has the opportunity to succeed at the highest level. When leaders and collaborators share a strong bond of trust and open communication, there is no limit to what the organization can achieve, produce, and become.

### Course Objectives:

- Develop a deeper understanding and application of communication basics like active listening and intentional speaking
- Become aware of personal impact on others
- Develop awareness of and accountability for choices regarding human energy levels
- Recognize distinctions in language patterns which can produce desired results
- Create an action plan for dealing with intrapersonal communication challenges and opportunities

Through presentation, small group interaction and activities, participants will learn and reinforce skills allowing them to become communication catalysts within all aspects of their lives.

**Time Commitment:** One full-day session (preferred) or two half-day sessions one week apart

**Investment:** \$5,000 for up to 12 participants, plus cost of materials





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## R.E.A.L. Me: Intensive

Have you ever felt like something's missing, but you can't quite articulate what it might be?

You're not alone.

Very few people actually invest the time and money it takes to understand more about the only person they have 100% control over: themselves. Instead they spend time complaining about what's wrong with everyone else.

There must be another way.

The R.E.A.L. Me: Intensive Course is another way. This powerful 6-week journey will challenge you to move into your greatness to work through your own limiting beliefs and step into that power in a way that connects you with your people.

A breakthrough in your personal life requires brutal honesty about how things are for you. What are your frustrations and your fears? What is holding you back from being REAL in your life? The more you dig into the shadows of your insecurities and insufficiencies, the bigger the breakthrough you'll have in your leadership, your communication, and your connection with others.

### Course Objectives:

- Uncover your limiting beliefs
- Experience individual and group coaching
- Connect with like-minded and like-hearted others

Through presentation, small group interaction and activities, participants will learn and reinforce skills allowing them to become communication catalysts within all aspects of their lives.

**Time Commitment:** Six two-hour live virtual sessions plus minimal project work

**Investment:** \$750/person for up to 10 participants.





## Transforming Workplace Relationships

We humans are naturally social creatures – we crave friendships and positive interactions, just as we do food and water. So it makes sense that the better our relationships are at work, the happier and more productive we’re going to be.

Good working relationships give us several other benefits: our work is more enjoyable when we have good relationships with those around us. Also, people are more likely to go along with changes we want to implement, and we’re more innovative and creative.

Those positive relationships give us freedom: instead of spending time and energy dealing with the problems associated with negative relationships, we can, instead, focus on opportunities and possibilities.

Good relationships are also often necessary if we hope to develop our careers. After all, if your boss doesn’t trust you, it’s unlikely that he or she will consider you when a new position opens up. We all want to work with people we’re on good terms with, and do business with people we know, like, and trust.

We also need good working relationships with others in our professional circles. Customers, suppliers, and key stakeholders are all essential to our success. So, it’s important to build and maintain good relationships with these people.

### Course Objectives:

- Determine the purpose for establishing positive workplace relationships and determine and name those specific relationships within your own environment.
- Learn techniques for improving interpersonal communication and coaching skills including, but not limited to, active listening.
- Learn and practice a proven 4-step method for solving problems with people in workplace settings (and also outside those settings!).
- Learn proven foundations for establishing a positive and productive workplace culture.

**Time Commitment:** One half-day session (4 hours).

**Investment:** \$3,500 for up to 12 participants, plus cost of materials





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## Other Possible Topics

In workplaces that are increasingly virtual or hybrid, it can be difficult to maintain a connected culture. Jodee provides monthly one-hour interactive sessions on a series of topics designed to keep employees involved and learning.

These workshops can be developed based on clients' desired outcomes. Engagements start with a facilitated dialogue where decision makers determine those outcomes and then are involved in reverse engineering the engagement to make sure those objectives are met.

### Topics may include:

- Activity Management using Time Blocking
- Open Dialogue Facilitation
- Change and Transition
- Leadership and Management Distinction
- Motivating and Inspiring Your Teams
- Listening Skills and Coaching

**Time commitment and investment are negotiable for the development and delivery of these or other specific topics based on desired outcomes.**







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## Workshops & Facilitated Dialogues

Keeping associates and team members engaged can be a challenge, especially in the volatile workforce we are currently experiencing.

Jodee can help create customized learning experiences where participants are challenged and inspired.

Following are some topics Jodee has customized for past clients:

### **Allowing and Future Pull: Why Traditional Goal Setting May Be a Thing of the Past**

We all know how to set goals. But how many of us actually GET the goals we SET? Maybe there is a different way to achieve or experience or acquire the things we say we want.

During this informative and interactive presentation, Jodee offers an alternative to traditional goal setting using thoughts and visualizations that actually pull us into our desired futures. When you understand that who you BE is the secret to actually achieving or acquiring or experiencing a full life, you will concentrate more on your mindset than on getting THINGS.

### **Who Are You and Why Does It Matter?**

When you consider that you are the only person in your entire life you will never leave nor lose, it becomes imperative that you discover exactly who that person is.

This presentation will invite participants to look at concepts like personal brand, image, identity, and accountability in ways that will challenge and enlighten them.





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## Mind Your Mind and It Will Mind Your Business

Your business will grow to the extent you do. Intellectually, we know that. So we do the things: we take the classes, we hire the coaches, we attend the workshops. We tell ourselves that when we learn enough or know enough, we will be growing and our businesses will follow suit. But if we are honest with ourselves (and why wouldn't we be?), chasing training and learning doesn't always produce the result on the bottom line. So what's missing?

This presentation offers another way to see personal development and growth. What if it's not about perpetually seeking but more about collaboratively generating the energy we desire to do the things we want to do with our businesses instead of only the things we've been told we should do to have the success someone else paints for us?

Participants will gain insights into their own habits and patterns, and will see why some of their best efforts are not producing the results they say they want.

### Additional Titles:

- Perception and Perspective: The Choice is Yours
- Waking Up to Possibilities: Ideas for Becoming a Conscious Leader
- POWER over Force: It's Simpler Than You Think
- It takes COURAGE to be CREATIVE

**Time commitment and investment are negotiable for the development and delivery of these or other specific topics based on desired outcomes.** Typical length is between 1 and 3 hours, and investment ranges from \$2,500 to \$4,000.

