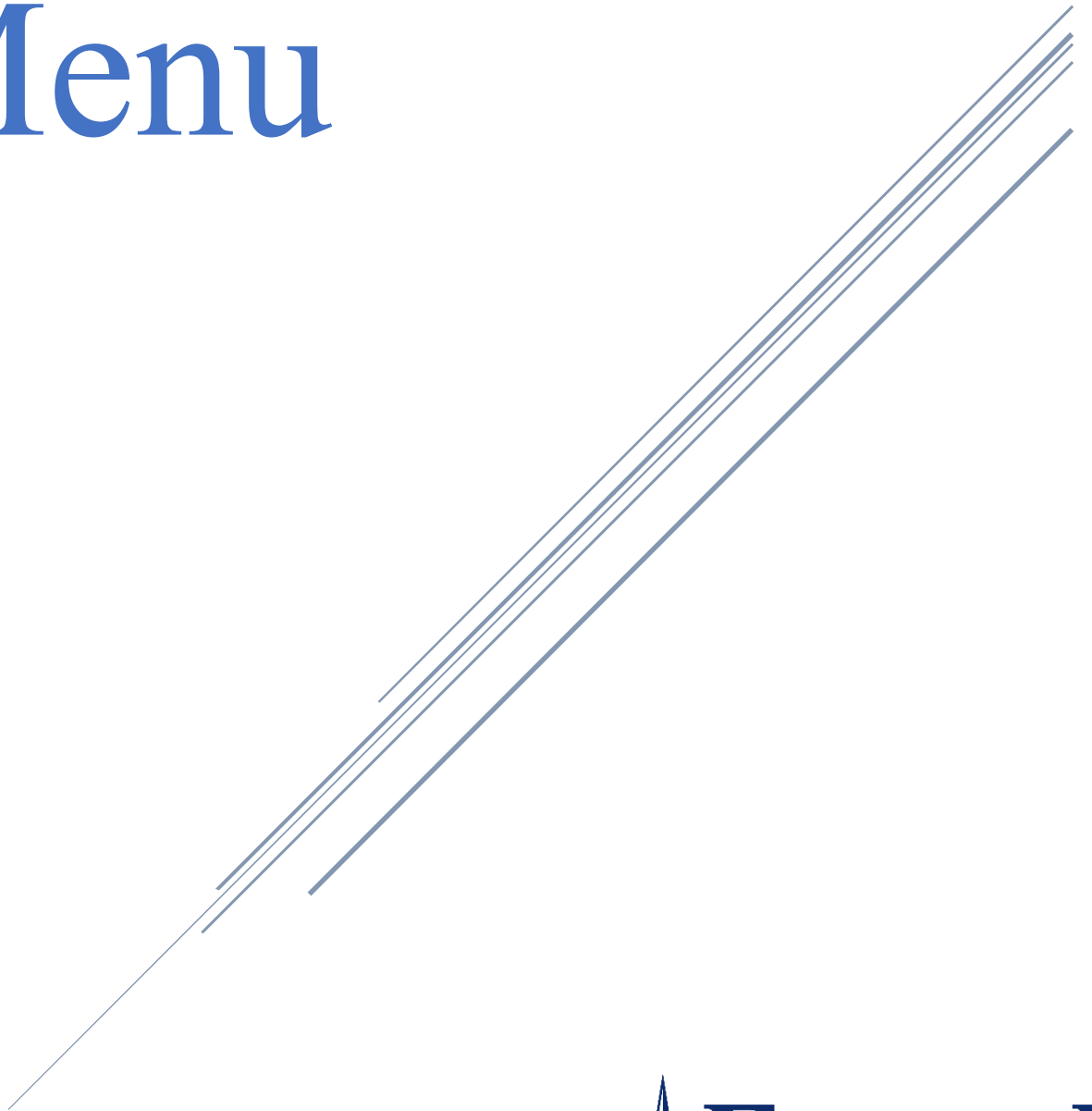


# Training Menu



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## Topics for Consideration:

The below trainings are just several examples of training offered. If there are specific needs identified by your organization, and/or you do not feel that the below training meets the current needs of your organization, please contact me for further offered training.

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### Training Workshops or Series

1. Charge Nurse Workshop
2. Supervisory Leadership Series

#### **1. Charge Nurse Workshop**

- The course is focused on providing additional tools, resources and knowledge to our current charge nurses. This course will provide training for both new charge nurses as well as experienced charge nurses with the desire to increase effectiveness and be a positive influence in their role .
- Series Includes:
  1. Charge Nurse 101: Role of the Charge Nurse
  2. Attitude: How to Be a R.E.A.L Success
  3. Trust: The Speed of Trust
  4. Becoming a Person of Influence
  5. DISC: Personality Indicators
  6. Communication in Leadership
  7. Emotional Intelligence
  8. Navigating a Multi-Generational Workforce
  9. Conflict Resolution
  10. Self-Care
- Session Type:
  1. 2 8-hour Trainings Sessions



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## 2. Supervisory Leadership Series

- The Supervisory Leadership training series is a training series focused on the fundamental building blocks for leadership development. Regardless of position or years of experience, this training will provide additional tools and resources to assist in your personal and professional leadership development.
  - Series Includes
    1. World Class Leadership
    2. Coaching/Mentoring
    3. Communication
    4. Motivation
    5. Team Building
    6. Delegation
    7. Goal Setting
  - Series Types:
    1. Training types can be adjusted to the needs of the organization.  
Sessions can be delivered as lunch and learns or as full day workshop.
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## **Individual Training Sessions or Lunch & Learns**

1. DISC Personality Indicator Training
2. Navigating a Multi-Generational Workforce
3. Developing the Leader Within you
4. Becoming a Person of Influence
5. Finding your Why
6. Everyone Communicates, Few Connect
7. 15 Invaluable Laws of Growth
8. Understanding EQ!
9. Speed of Trust
10. Attitude: How to be a R.E.A.L Success

### **1. DISC Personality Indicator Evaluation and Training**

- This training utilizes the training and research that began with Dr. William Marston on the four different personality traits that make up an individual. Utilizing an evaluation tool, each attendee will first be provided with a comprehensive report regarding their own personality profile. This report as well as the following training session provides each attendee with knowledge, tools, and resources to better understand themselves, identify patterns of behaviors of those in communication with, and finally how to improve communication between the different profiles.
  - Session Types:
    - 60 Min “Individual” debrief and discussion. (Virtual or In Person)
      - Includes Comprehensive Personality Profile Report, 1- Hour Debrief session, 30-60 Day follow up training call.
    - 3-hour Team DISC Training Workshop (In Person only)
      - Includes comprehensive personality profile report, group training workshop.



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## 2. Navigating a Multi-Generational Workforce

- For the first time, the workforce consists of five different generations. Each generation has different goals, concerns, and needs culminating in communication, motivation, and discipline difficulties in the workplace. This training provides staff with knowledge and tools to recognize generational differences and how to be more effective in communication and leading the team around them.
  - Session Types:
    - 1.5 Hour Lunch & Learn
      - Includes participant guide.

## 3. Developing the Leader Within You

- Based on the Book, *Developing the Leader within you 2.0* by John C Maxwell
- Leaders are not born, they are developed. This book and training provides 10 lessons in increasing your influence, effectiveness, and impact on your leadership journey.
- Ten lessons include:
  - Lesson 1: The Definition of Leadership: Influence
  - Lesson 2: The Key to Leadership: Priorities
  - Lesson 3: The Foundation of Leadership: Character
  - Lesson 4: The Ultimate test of Leadership: Creating Positive Change
  - Lesson 5: The Quickest Way to Gain Leadership: Problem Solving
  - Lesson 6: The Extra Plus in Leadership: Attitude
  - Lesson 7: The Heart of Leadership: Serving People
  - Lesson 8: The Indispensable Quality of Leadership: Vision
  - Lesson 9: The Price Tag of Leadership: Self-Discipline
  - Lesson 10: The Expansion of Leadership: Personal Growth
- Session Types:
  - 3-hour Training Workshop (In Person Only)
  - 1 hour Lunch and Learn; Organization to choose lesson for training. (Virtually or In Person)
  - Mastermind: Led group book study, completed in 30-45 min session's (Virtually or in person)
    - Includes Participant Guide



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#### 4. Everyone Communicates, Few Connect.

- Based on the book, *Everyone Communicates, Few Connect* by John C. Maxwell
- As John Maxwell says the ability to connect with others is a major determining factor in reaching your full potential
- This Training covers the Five Principles and Five Practices to develop the crucial skill of connecting, including:
  - **Finding Common Ground**
  - **Keeping Your Communication Simple**
  - **Capturing People's Interest**
  - **Inspiring People**
  - **Staying Authentic in all Your Relationships**
- Session Types:
  - 1 Hour Lunch and learn.
    - **Includes participant guide.**
  - Mastermind: Led group book study, completed in 30-45 min session's (Virtually or in person)
    - **Includes participant guide.**

#### 5. Becoming a Person of Influence

- Based on the book, *Becoming a Person of Influence* by John C Maxwell
- How do you Positively Impact the Lives of Others
  - Whatever your vocation or aspiration, you can increase your impact on others by Becoming a Person of Influence. Learn simple, insightful ways to interact more positively with others and watch your personal and organizational success go off the charts.
- Session Types:
  - 1 Hour Lunch and Learn
    - **Includes participant guide.**
  - Mastermind: Led group book study, completed in 30-45 min session's (Virtually or in person)
    - **Includes participant guide.**



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## 6. Starting with Why

- Based on the book *Start with Why* by Simon Sinek
- Utilizing the work of Simon Sinek, this training will work to answer the questions of why some individuals and organizations are successful and continue to be successful why other great ideas or motivated people see little success or very short-term success.
  - Session Types:
    - 1 Hour Lunch and Learn
      - **Includes participant guide.**

## 7. 15 Invaluable Laws of Growth

- Based on the Book, *The 15 Invaluable Laws of Growth* by John C Maxwell
- To reach your potential you must be intentional about your personal growth. This training will help you understand how personal growth really works and how you can develop yourself to become a more effective and fulfilled individual.
- Session Types
  - 1 hour lunch and learn.
    - **Includes participant guide.**
  - Mastermind: Led group book study, completed in 30-45 min session's (Virtually or in person)
    - **Includes participant guide.**

## 11. Understanding EQ!

- “People with the highest level of intelligence (IQ) outperform those with average IQ’s just 20% of the time, while people with average IQ’s outperform those with high IQ’s 70% of the time.”(Talent Smart, 2009) This training provides a deeper look into the concept of Emotional Intelligence, discussing what it looks and understanding the 4 Skills in Emotional Intelligence; Self Awareness, Self-Management, Social Awareness, and Relationship Management.
- Session Types:
  - 1 Hour Lunch and Learn
    - **Includes Participant Guide**



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## 12. Speed of Trust

- Utilizing Stephen Covey's *Speed of Trust*
- Nothing is as Fast as the Speed of Trust. This training provides a in depth discussion on Trust and the impact that it can have on an individual and the organization. The discussion includes topics on
  - The Crisis of Trust
  - The Economics of Trust
  - The Myths of Trust
  - 5 Waves of Trust
  - Restoring Trust
- Session Types:
  - 1 hour Lunch and Learn
    - Includes Participant Guide

## 13. Attitude: How to Be a R.E.A.L Success

- Success is not a destination. It is a process, a lifelong strategy of building on strengths, minimizing weakness and focusing on the people and point of life that are most important. This training discusses one of four important building blocks in this areas, Attitude.
  - Session Type:
    - 1 Hour Lunch and Learn
      - Includes Participant Guide
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### Additional Training Lunch & Learns

#### John Maxwell Licensed Trainings:

- Put your Dream to the Test
- Leadership Gold
- Sometimes You Win, Sometimes You Learn
- Intentional Living

