

PRESENTATION TOPICS



Certified Executive Coach
Certified Facilitator of Fierce Conversations®
Facilitator of Meaningful Dialogue™
-- A frank conversation about the tough issues



*Connect with us,
Trudy*

Change *IS* business as usual!

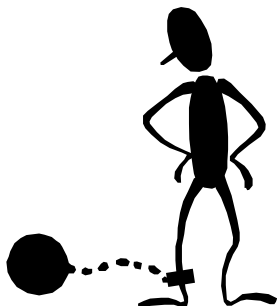
Change is the only constant in our world – no one can escape it! It is a pervasive influence in the workplace and constant stimulus that touches our lives intimately.

The ways in which we filter information and label situations triggers our reactions to the instability and unpredictability inherent in change. The ability to balance perceptions and emotional states is critical to being a master over change.

Increase your ability to be a change adept person...



The Attitude Challenge



Taking control of one's attitude has been a topic of exploration and training for centuries. Terms like "Attitude Adjustment" or "Maintain a Positive Attitude" are constant challenges for leaders and managers as we try to improve our performance and productivity, and that of our teams.

We'll explore the source and drivers behind what we do, how we do it, how we perceive it and therefore how it impacts our attitude.



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The Art of Performance Feedback

No one wakes up in the morning asking, “How can I screw up today?” In fact, it’s quite the opposite. 67% of employees say they want more feedback. Most of us know what we should do, however we give way to the barriers of engaging in what is often viewed as a risky conversation. This is particularly true if corrective feedback is required. Learn to see multi-dimensionally: the result(s) or lack thereof, the behavior(s) and the person. We’ll take a holistic view to dissolve the barriers, understand the power of balanced feedback and practice the art of “performance feedback

Talk Through Tough Issues

Conversations where things are left unsaid or are unclear; and don’t achieve their purpose disables execution, erodes accountability and impacts the bottom line. A “missing” conversation is one that we’ve been carrying around in our head for awhile as we drag our feet and procrastinate talking through the tough issue(s). A “failed” conversation produces results that are less than satisfactory leaving relationships and people strained or burdened with a list of undiscussables. The ability to talk through the tough issues is a key success factor for any business leader. Successful leaders who talk through tough issues enable others to solve their own problems, reveal best ideas and increase action. They consistently perform at higher levels with improved results, matched with increased personal satisfaction in work and authenticity within their relationships.



Authentic Personal Power – *the Foundation of Success*

“Authentic Personal Power” is the foundation of increasing both our success and personal satisfaction. When our behaviors consistently match our intentions, we cultivate more personal power. This nourishes our confidence, ability to take risks and our health and well-being.

We’ll take a holistic view of our experiences and play with some simple techniques to see multiple perspectives. This will enable us to think more clearly, embrace change deliberately, and consistently show up in a way that creates bigger deals and bigger wins -- *in all areas in our life.*



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Inspired Accountability: Myth or Magic



Imagine the chaos, frustration and ineffectiveness if we tried to take conscious control of and accountability for the simple functioning of our body! A thoughtful frown in itself requires the coordination of 32 distinct muscles and each muscle contains literally thousands of motor neurons that all need to fire in a coordinated and harmonious fashion. That is not unlike the leader responsible to coordinate multiple departments with a number of individuals collectively representing thousands of ideas, interactions, goals, aspirations, problems and agendas.

Just as the body relies on an innate intelligence, so too, effective leaders need to move beyond the myth of accountability as “control” and into its magic as “inspired contribution”. This interactive session is designed for leaders who wish to examine and bust loose myths and perceptions; and explore the strategic potential of inspired accountability.

What Matters Most is How You See Yourself



The imbalanced perceptions of ourselves, others and situations rule our life. We oscillate between feeling good about ourselves and feeling inadequate or insecure. We are triggered into emotional charges without an understanding as to what pushes our buttons.

Learn strategies to see yourself more clearly and connect to your own inner authority and personal power.

Dynamics at Play -- In the Dining Room and the Boardroom

It's a myth that we don't bring our home-life to work and work home with us. This challenge is even more unique for families working in business together and the risks are higher. The emotional transition within family relationships to roles in business and vice versa requires high levels of personal mastery in communication, navigating conflict and in emotional intelligence.

We'll explore the intersections of family dynamics in the business environment and learn some simple methods to increase your personal awareness in order to deliberately shift your communication style, internal state and your listening -- for both what is said and not said.



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Relationship Dynamics -- *The Secret*

What we say and what we do has impact on others -- and yet there is another dynamic at play that has greater impact. It's the dynamic that typically doesn't get attention and if we give it deliberate attention, we have the power to transform frustration into acceptance, confusion into clarity, silence into conversation and resentment into love. Who doesn't want more of that in corporate culture, team, family and in life?



I can create a custom presentation on a specific topic to meet your conference or meeting objectives.

★ A Model to Create Vision	★ The Art of Generous Listening
★ The Power of Asking Questions	★ Decision Making -- where the power lies
★ The Art of Mental Focus	★ Setting Your Personal Compass
★ Problem Solving	★ The Value-Proposition
★ Time Management	★ Presence -- how it changes everything
★ The Value of Conflict	★ Communicate for Engaged Action
★ Success -- Take a Walk on the Inside™	★ On Becoming a High Performance Team
★ Everyone is a Customer – creating an experience of inspiration	

I welcome the opportunity to serve doing what I love to do!

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