



Leadership Training Lead to Succeed

REDEFINE YOUR POTENTIAL

Make a Positive Difference

Companies with strong, healthy, cultures outperform their competitors. Lead to Succeed is designed to help you discover a more effective way of leading your team by starting with yourself. From the inside out, this course will give you foundational skills to better understand your own leadership strengths, how to motivate others, and how to listen and communicate effectively with your teammates aiding in productivity, staff recruitment, and retention.

Who We Are

Optimum Performance Coaching is an industry standard with construction associations and companies committed to transforming leadership to meet the needs of the 21st century.

Why Optimum?

The ability to connect with each individual and identify the specific style that will maximize their individual success as well their team contributions is unparalleled.

The Optimum Difference

- Programs that empower both your mental and physical strength
- Flexible coaching & learning plans to suit you or your organization
- Engaging facilitation
- Real world professional development for both employees and management

www.optimumperformancecoaching.ca

Contact us to see how we can optimize your performance!

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LEAD TO SUCCEED

LEADERSHIP TRAINING

REDEFINE YOUR POTENTIAL



MAKE A POSITIVE DIFFERENCE

Leadership is a journey, and like any journey, there are essential elements that need to be packed. From there we need to choose a path to reach our envisioned destination. As we begin the journey it is important to know what matters to you, where you are, where you are going, and how you are going to get there.

HIGH IMPACT LEADERSHIP APPLY, INSPIRE, ENGAGE

A 6-week (24-hour) leadership training program packed with practical tools and designed to help you apply what you learn in real-time, on the job and in your life. To supplement the many tools and learning, this course includes one-on-one executive coaching sessions with your instructor

LEADERSHIP DEVELOPMENT LEAD TO SUCCEED

Leaders who understand how to manage their emotions (and the emotions of others) distinguish themselves from the average. They know how to maintain an even keel in the face of any storm, build relationships, motivate their team, disarm conflict, self regulate and achieve goals. They are better equipped to meet today's workplace challenges and are set up for ongoing success in both their personal and professional lives.

LEARNING OUTCOMES

UPON SUCCESSFUL COMPLETION OF THIS WORKSHOP, YOU WILL BE ABLE TO:

- ✔ Identify the major evolutionary components of the human brain.
- ✔ Identify the specific parts of the brain associated with emotion and reasoning.
- ✔ Describe the role that chemistry has on the brain.
- ✔ Explain the mechanics of an emotional hijacking and how to defuse it.
- ✔ Construct an increasingly engaging work environment in which all members can thrive.
- ✔ Better- manage your stress by applying mindfulness practices and meditation techniques.
- ✔ Strengthen the connection in your relationships. Increase resilience to set-backs and challenges



GET SOCIAL!



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