

# PERSONAL EXCELLENCE For Leaders

Increasing Personal & Professional Competence

Leadership excellence is not about being perfect. It is not about doing more, doing it faster or about being better. Excellence is about living, leading and working from within; from a place of self-compassion so that your choices and your behavior reflect you and your uniqueness. Real courage and real leadership is those who choose this path.

**Personal Excellence for Leaders** is a two day interactive course that helps leaders dive deep and see themselves more clearly. Everything you are as a leader passes on. This course helps you transform from within so that you are more aware, more present and lead from a place of excellence not perfection. Perfection impedes leadership.

## Self-Awareness:

It's been said that a lack of **self-awareness** can contribute to 90% of workplace problems. This course will help you honestly confront yourself and overcome self-sabotaging behaviors:

- recognize self-defeating patterns and cycles that impede your leadership
- establish boundaries, communicate what is you and your organization and what is not you
- design your life path by your priorities and not the expectations of others
- get control of your life and stop allowing all the 'clutter' into your world
- recognize energy drainers and how to stop them
- reduce guilt and address over-stress, perfectionism and people-pleasing

## Learn about your impact on others:

Knowing yourself is only half the equation. As a leader, you must consider your impact on others:

- how to improve your relationships through direct communication (and why you may struggle with this)
- the destructive patterns of passive, aggressive, and passive-aggressive communication
- how a lack of boundaries, mounting stress, and a lack of focus affect those you lead including you
- how to improve communication and the link to self-awareness and limiting beliefs.

## “Aha!” moments:

*“I've learned this starts with me. This course will help with my current work situation.”*

*“This course has helped me understand who I am and how I work.”*

*“Loved all the discussions, assessments and the content. Best workshop I've taken yet for sure!”*

*“I learned to be accountable for myself, to be more honest, direct and assertive. Very practical and hands on learning. I realize that stress is such a block to productive leadership.”*

### Dates:

**Time:** 9 am – 4 pm each day

### Location:

### Parking:

**Email for more information:**



## YOUR FACILITATOR

**WENDY TURNER-LARSEN** is an **executive/brain health coach and training consultant** with expertise in emotional intelligence and leadership development. She has been designing and facilitating seminars corporately and for a wide variety of organizations for over 20 years. With a Masters Degree in Counseling/Psychology, a Masters in Adult education with a thesis in leadership development and a Master of Science in Health & Nutrition Education, Wendy is well equipped to deliver high calibre learning. Her engaging style, and an insightful understanding of human behavior, makes Wendy a sought after facilitator and executive coach. She is also a facilitator of Emotional SMARTS®, a practical, engaging emotional intelligence workshop and a powerful workshops known as Resilience & Stress Management in the workplace.

For more information: 306-789-1871.

## TESTIMONIAL FROM LEADERSHIP

The Personal Excellence course offered many 'aha's' to our team. To a person, we experienced growth on a personal and professional level. Wendy Turner-Larsen masterfully unlocks beliefs and behaviors that impede business performance and teamwork. Her practical and engaging approach influenced even the most stubborn among us to take a good long look in the mirror and recognize self-created patterns.”

—Corporate Vice President, Regina

**INTERSECT**

TURNER LARSEN CONSULTING

ALIGNYOURWORLD