

"I'VE LEARNED THIS STARTS WITH ME. THIS COURSE WILL HELP WITH MY CURRENT WORK SITUATION."

"VERY PRACTICAL AND HANDS ON LEARNING. I REALIZE THAT STRESS IS SUCH A BLOCK TO PRODUCTIVITY."

"BEST WORKSHOP I'VE TAKEN YET."



PERSONAL EXCELLENCE FOR WOMEN

Increasing Personal & Professional Competence



WENDY TURNER-LARSEN

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.

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

- Recognize self-defeating patterns and cycles that get in the way of outcomes and goals.
- Establish boundaries and learn to communicate what you want or need.
- Set your life and work objectives with clear priorities.
- Identify values and how to work them to achieve more success.
- Recognize energy drainers and how to stop them.
- Address work-life balance.
- Reduce guilt and address over-stress.

PERSONAL EXCELLENCE FOR WOMEN

is a two day interactive course that helps participants see themselves more clearly. This can translate to big changes for women in the workplace--increased work-life balance, reduced stress, more self-awareness, improved employee relationships and more productive, engaged employees. The bottom line is improved organizational results.

LEARN ABOUT YOUR IMPACT ON OTHERS:

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

- Improve your relationships through direct communication (and why you may struggle with this).
- Learn about the destructive patterns of passive, aggressive, and passive-aggressive communication.
- Understand how to impact those you lead in a positive manner by managing your personal stress, identifying your boundaries and learning neuroscience techniques.
- Improve communication and understand how limiting beliefs impacts your communication and how you lead.

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 Adult Education, Science in Health & Nutrition Education she is well equipped to deliver high calibre learning.

“ The Personal Excellence course offered many 'aha's' to our team. 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!

—Corporate Vice President, Regina ”

INTERSECT

TURNER LARSEN CONSULTING

ALIGNYOURWORLD

WWW.TURNERLARSEN.COM

When: Monday to Tuesday, Oct 21-22, 2019

Location: Royal Executive Hotel, Regina SK

Cost: \$1049/person + gst; (includes participant manual, take aways, lunch and refreshments)

To Register:

REG Deadline: Email w.tl@sasktel.net

October 11, 2019 5pm