

# PERSONAL EXCELLENCE FOR WOMEN

Increasing Personal & Professional Competence

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 Women** is a two day interactive course that helps participants see themselves more clearly. This can translate to some 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.

## 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 keep you stuck
- establish boundaries and learn why you don't say no
- set your life course 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
- address work-life balance
- reduce guilt and address over-stress

## Learn about your impact on others:

Knowing yourself is only half the equation. It is also important to consider your impact on others:

- how to improve your relationships through direct communication rather than 3-way calling
- the destructive patterns of passive, aggressive, and passive-aggressive communication
- how a lack of boundaries, mounting stress, and a lack of focus affect your relationships, including your relationship with your job
- a simple and effective assertiveness technique that will not only improve your relationships but will help you deal with conflict more efficiently

## "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, tests 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 productivity."*

Dates:  
Time:  
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

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