

Targeting Your Leadership Energy

This interactive, FEBI-based workshop builds leadership agility and emotional intelligence from inside out. It helps leaders work with their own nervous system while learning which energy patterns they favor and how to shift into any pattern that aligns with needed outcomes.



Most leaders have heard repeatedly of an area where they could be more effective but find it hard to change. This workshop gives them physical ways to expand their capability, build empathy, and embody the change they want to be.

The pace of change, enlisting others who don't have to follow, doing more with less: pressures such as these require high levels of agility and emotional intelligence for today's leaders to be successful. Trying to build these traits through talk, thought, or trial and error is slow and often ineffective. Working with the whole leader and four energy patterns that run through the whole mind-body system will vastly improve results.

In *Targeting Your Leadership Energy* participants gain more than self-awareness, and also learn how to develop self-regulation, empathy, and change agility. They learn about their own leadership energy, how to better leverage their strengths, shift their energy as needed, and reclaim more of their whole self. We didn't invent embodied leadership. We explain it and show how to benefit from it.

Learning Outcomes:

- Experience the energy patterns, why each is essential, and how to enter and empathize with each
- Learn pattern preferences and implications for work and leadership
- Build agility by knowing how to access each pattern and target energy appropriately
- Build a practice to develop any pattern needed for greater effectiveness

Audience: First-line managers through general managers, those who lead through influence

Prework: Complete the FEBI online (15 minutes), which measures preferences for the four energy patterns and a FEBI individual and team review

Format: ½ day, in-person or virtual

Contact: **Stacey Bevill, BCC, ACC, MPM**
Golden Career Strategies, President
FEBI Certified Coach
stacey@goldencareerstrategies.com | 864-527-0425

Harnessing Your Team's Energy

As a follow-up to Targeting Your Leadership Energy for individuals, this interactive FEBI®-based workshop brings teams together to understand how the energy patterns show up in team members, team dynamics, and the team overall. We will explore how the patterns connect to the team's purpose and context and how to leverage and develop the team's energy for maximum effectiveness.



Working in teams has become the norm for accomplishing big goals and achieving organizational objectives. Making your teams effective is essential for business success and organizational health. Effective teams know how to tap into their individual and collective resources and harness the team's energy to achieve shared goals. In the highest performing teams, team members come to understand and care about one another deeply. The groundwork for both of these possibilities is laid in this interactive workshop, *Harnessing Your Team's Energy*. Team members get to know one another more deeply and understand the energy patterns of their team dynamics and the team as a whole. They also learn how their own energy fits into the team and collectively identify a strategy for working together to achieve maximum effectiveness.

Learning Outcomes:

- Learn the energy patterns of teammates and the team as a whole
- Explore how the patterns show up in team dynamics and how they fit into the team context
- Build a team blueprint for success
- Make individual and collective commitments to maximize team effectiveness

Audience: First-line managers through general managers, those who lead through influence

Pework: Complete the FEBI and understand one's own patterns through *Targeting Your Leadership Energy* or equivalent

Format: ½ day, in-person or virtual

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From workshop participants:

"The energy patterns have stayed with me. Now I'm always looking at our team through the lens of what pattern is this person expressing now? Or what energy do we need?"

"Great learning. Great fun. And now we know what we have to do to be a great team."