



P.O. Box 7147
Seminole, Florida 33775-7147

727-455-3628 (phone)
727-393-7144 (fax)

www.innergized.com
info@innergized.com

PROGRAM DESCRIPTIONS

Title: **Take Off the Cape and Soar! Superhero Energy Secrets**

Format: Keynote, conference breakout or half-day training session

Description: To thrive in today's hectic, fast-paced environment, individuals are expected to put on their superhero capes and call on their super powers. No wonder so many people have earned their Ph.D. in stress (**P**ooped, **H**arried and **D**istracted). It doesn't have to be that way. Even superheroes take a break! This interactive session will help attendees learn why taking off the cape is just as important as wearing it, understand the impact of values on professional productivity and personal satisfaction, and discover practical ways to supercharge their energy.

Program: **Managing Conflict with Confidence/Conflict Dynamics Profile®**

Format: Individual Assessment, conference breakout or half/full-day training session

Description: Conflict happens! Experts tell us that today's leaders and managers spend between twenty and forty percent of their time dealing with conflict. Ineffective conflict management eats away at valuable financial resources and staff time. If your current approach to conflict is to run away as fast as you can, avoid the conflict for as long as you can or unleash your inner five-year old ("did not! did too!"), there is a better way. You have a choice about your responses to conflict – you can use the destructive behaviors you learned on the playground and escalate conflict or you can choose positive, constructive behaviors that enhance communication and ultimately strengthen relationships with staff and colleagues. This interactive session give attendees practical, positive ways to respond to and manage conflict with confidence

Title: **Innergized! Communication**

Format: Conference breakout or half-day training session

Description: Communication and collaborative relationships are more important today than ever before. Do you have what it takes to be an effective communicator? This highly interactive session will help you build your skills by teaching you 1) to listen and communicate without judgments or stories, 2) to seek to understand the points of view of others and 3) to approach your relationships and conversations with others from an appreciative perspective.

Title: **The Administrative Superhero: Using Coaching Skills to Improve Relationships and Results**

Format: Conference breakout or half-day training session

Description: More powerful than any obstacle in their way! Faster than today's rapid rate of change!
Able to create breakthrough results in a single bound!

Nothing less is expected of administrative superheroes in today's global, increasingly interdependent, and constantly changing business environment. To be successful, the administrative professional must effectively collaborate, communicate, and negotiate with individuals and groups at all levels both inside and outside the organization.

Whether you lead a team or simply want to work more effectively with others, mastering essential coaching skills can help.

PROGRAM DESCRIPTIONS (CONTINUED)

Title: **Coach Your Team to Supercharged Success**
Format: Conference breakout or half-day training session

Description: More powerful than any obstacle in their way!
Faster than today's rapid rate of change!
Able to create breakthrough results in a single bound!

These are the results expected of today's managers. In this environment, it's difficult to find good people and even harder to retain them. To thrive, managers must uncover the superheroes on their team and fully develop their strengths. Coach Your Team to Supercharged Success introduces managers to coaching skills, teaches them to integrate those skills and gives solid ideas to supercharge team performance.

Other programs: Team Building Retreats, Individual and Group Coaching, Conference Coaching