

Community Leadership Training Workshop Descriptions

Core Value Workshops:

Balance: Do you struggle with all the competing roles and responsibilities in your life? This workshop will allow you to examine your work-life balance (priorities) and help you to learn to care for yourself as a whole person.

Accountability: Seeking guidance from trusted sources to integrate faith and work in meaningful ways. What might it look like for accountability to be an important value in your personal life and work environment?

Interdependence: Most of our relationships at work and in our personal lives tend to be either independent or co-dependent. This workshop focuses on learning to work together to achieve a common goal.

Empowerment: Empower(v) means to invest with power. Learn how to 'give power' to those around you and watch how your leadership grows at home, at work and in your personal life.

Change Anything (Leverage): Based on the book with the same title, explore why will power often is not enough to make the changes we desire in our personal or professional lives.

Personal Development Workshops:

Developing your Personal Mission Statement: Having a Personal Mission Statement helps to keep you grounded and balanced. It helps to give your life direction and keeps you from saying "yes" to things that you may not be called to do. This workshop will walk you through the steps to create your own Personal Mission Statement to help guide your life.

DiSC: The DiSC personality profile focuses on people's behavioral differences. The DiSC model helps individuals to better understand themselves and how they adapt their behaviors to others. It has been useful for improving communication, teamwork, problem solving and motivation to name a few.

True Colors: True Colors® is a model for understanding yourself and others based on your personality temperament. Identifying your personality and the personalities of others using True Colors provides you with insights into different motivations, actions and communication approaches.

Communication (Ladder of Inference and Debate to Dialogue): The Ladder of Inference describes the thought process that we go through, usually without realizing it, to get from a fact to a decision or action. Learning to recognize our thinking process and ways to communicate with others will help us to lead people better for greater impact.

Remembering Your Future: Using the tool of Scenario Planning, learn to create different scenarios for the future where you learn to think with the different end possibilities in mind. From there, develop strong one to five year goals for yourself or your work.

Leading within Organizations Workshops

Situational Leadership: Leading individuals based on commitment and capacity for each project is important for creating a continuum of success. This training will equip you to diagnose development levels of the individuals you lead in order to choose the most appropriate leadership style for the project.

Organization Assessments: Strategy, Capacity and Relationships are the building blocks of a healthy organization. In this workshop you will assess your organization and look for indicators of health.

Six Thinking Hats: Got a problem that's been plaguing you or your organization that you just can't seem to solve? Learn about DeBono's Six Thinking Hats and the framework they can provide to help your team think creatively to attack that problem.

Leadership & Self-Deception: Based on the book Leadership and Self-Deception by the Arbing Institute. The "disease" of self-deception (acting in ways contrary to what one knows is right) underlies all leadership problems in today's organizations, according to the premise of this work. Learn how leaders can discover their own self-deceptions and learn how to escape destructive patterns.

Healthy Change: Change is inevitable. Learn how to prepare or deal with change within your organization and personal life.

Networking for Resources: When we think of resources our first thought is usually money. This workshop will lead to a broader understanding of resources – more than just money. In this workshop, you will also create a two-minute elevator speech for your organization and begin to identify additional relationship that you need to develop in order to build the capacity of your organization.

Community Leadership Workshops

'Making Change Happen' Game: This engaging and thought-provoking learning experience leads to an understanding of the possibilities and pitfalls of improvement efforts, establishes a shared vocabulary about essential change steps, an appreciation of the differing perspectives of others, and challenges longstanding assumptions.

Collaboration/Networking: We can get more done together than apart. Do you believe that? If that's true, then why do so many collaborations fail? This workshop will look at the strengths and barriers of collaborating and provide you with a strategy to do it well.

Betterment to Development: The old proverb "Give a man a fish he will eat for a day. Teach a man to fish he will eat for a lifetime" begins to help us move from a model of 'betterment' to 'development'. In this workshop, you will be challenged to think deeper in moving people from teaching to fish to owning the pond.

Community Assets: Do you see your community as half empty or half full? Do you see only what is wrong and lacking or do you see what could be? Come along for this community asset walk and see what may be lying beneath the surface.

Community Youth Development: This model shifts gives us to a positive view of what youth can do to shape the communities they live in, sharing leadership with adults, and ‘making good things happen’ through their own initiative. It is an ongoing process that encourages and empowers young people and adults to work as equal partners to create change in their communities.

40 Developmental Assets: Since 1990, the Search Institute has been studying positive youth development. Through their research, they have identified 40 positive experiences and qualities that are the building blocks of healthy development and help young people grow up to be healthy, caring, and responsible. This workshop looks at the 40 assets and begins to define ways to build them into our communities, families, schools and organizations.

We also have various **Diversity, Equity and Inclusion** workshops that we can facilitate for teens and adults..

For teens:

Foundations of Leadership: What is the actual definition of leadership? Are leaders born or made? What are the qualities of a good leader? These questions and more will be answered in this workshop.

True Colors: True Colors® is a model for understanding yourself and others based on your personality temperament. Identifying your personality and the personalities of others using True Colors provides you with insights into different motivations, actions and communication approaches.

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Setting Goals: Using a tool called Scenario Planning, teens will write their story for the future and develop their 1, 5 and 10 year goals to reach their dreams. As well teens will learn about the barriers that can have impact on their dreams and how to still

Playing the game of LIFE – Twists and Turns: Like the classic version of the Game of Life, the Game of Life: Twists and Turns is based around real-life events. Participants choose a profession at the beginning of the game, and roll the dice to progress along the board. As they progress, they'll encounter all sorts of real-life events, including marriage, houses, cars and family matters. They'll essentially live real life and make life-defining decisions, but without having to live with the consequences. In this workshop, teens will engage in life, in making choices for their future, understand the impact of choices and how to move forward even when the choices are hard or even wrong.

Real Life Simulation: Similar to the game of LIFE, this simulation is more hands on. Each participant will be give an identity with goals that they need to reach including creating a budget. They will travel throughout a room full of booths that will help them reach those goals (education, housing, employment, businesses, etc.

Healthy Change: Using the story of Who Moved the Cheese by Dr. Spencer Johnson, teens will learn how they handle change and what they need to do to develop healthy change.

Time Management and Priorities: Participants will learn about time management and priorities through the teachings of Sean Covey’s book Seven Habits of Highly Effective Teens. Whether being a procrastinator,

slacker or people pleaser, participants will learn how to move towards the quadrant of excellence as time managers. They will be able to identify their priorities and create goals to use their time focused on what is important rather than what is urgent.

Community and Youth Leadership: In this workshop participants will learn and identify what a healthy community looks like. They will be trained to lead with an asset mindset – working to see themselves as their communities greatest asset.

Activate: Activate is an eight session, ninety minute social justice curriculum that contains lessons and activities for participants (groups of 12) to learn how to engage in social justice work. The curriculum is designed to help students go from a place of “not knowing” what social justice is about; to identifying injustices as well as strategies and interventions that positively impact and address social justice issues.

Mission Possible: This is an activity based workshop that uses Design Thinking as a tool to help participants take a burden and to develop a project that they can use to have an impact on that burden.