

# Workshops

Are you prepared to lead, to enhance your career and ready to move yourself, your team, and your company from zero to something? a Zero to Something Workshop will help you achieve the results you are looking to accomplish. We're glad you're here to experience and explore a new way to lead.

#### The Art of Leadership

Leading yourself and others - you can't lead others if you don't know how to lead yourself — understanding the importance of how to be a leader, knowing what leaders do, knowing what leaders don't do. While always doing the right things, the right way, and at the right time.

### **Conflict Management/Resolution**

Dealing with the 5 styles of how people deal with conflict and how to effectively work to a solution collaboratively where it's a "win/win" for all parties involved when possible.

#### **Improving Performance**

Getting people to do their jobs – Setting Goals and Objectives and measuring progress.

## **Problem Solving**

Use the Zero To Something - 6 step solving process so you develop better solutions to our problems using a standard process.

### Drive for results, priority setting, and time management

How to add value in a fast paced organization – learn key Operation Skills – that will help you improve your effectiveness as a leader.

### **Stress Management**

Tools and techniques on how to manage your levels of stress to include a brief portion on Mind, Body, and Spirit and how to develop a Recovery strategy and combat the challenges of a demanding career.