



Leadership in Times of Stress and Change

Leading employees in times of prosperity requires certain skills. Leading employees in times of stress and change requires different skills. This workshop* challenges each participant to consider his/her style of leadership in a rapidly changing environment and whether this style of leadership is effective in keeping self and employees productive, healthy, and safe.

This workshop is appropriate for anyone who supervises one or more employees. The focus will be on seven key skills that all leaders working in stressful/changing environments need to know to keep the workforce healthy and productive.

In this workshop participants will learn to:

- Understand people's reactions when they are under stress.
- Recognize his/her leadership strengths and weaknesses.
- Frame change in ways that people can understand.
- Overcome resistance to change.
- Improve his/her planning skills in a changing environment.
- Build trust and confidence in his/her team.
- Effectively communicate with different types of people.
- Efficiently gather new ideas for productivity improvement.
- Enhance his/her ability to deal with stress and change.

Each participant will receive Dr. Mark Tager's book, "Leadership In Times of Stress and Change" and a comprehensive workbook that will be used during the workshop. Additionally, participants will complete an online assessment of energy/work styles that will be utilized in the workshop in an enjoyable and insightful exercise.

This workshop is offered as a two-hour, three-hour, half day or full day workshop. Two hours is the minimum amount of time in which essential concepts can be explained and experiential exercises that enhance the learning can be completed.

*This is a fee-for-service workshop. The standard fee is \$125.00 per participant, with a \$1,000.00 minimum, and includes all of the above materials.