



# { Personal Leadership Enrichment }

*A series of 6 one-day workshops*

Effective  
Communication

Conscious  
Conflict

Self-  
Empowerment

Navigating  
Change

Team  
Dynamics

Creative  
Problem  
Solving



*For details, email:*

Leadership  
Development@  
CSL.org



# { Personal Leadership Enrichment Series }

Show up as your best self in work and in life! Grounded in the principles of mindful leadership and conscious business practices, you will learn key skills to improve your overall work performance while achieving more confidence.

Each interactive workshop is designed to offer opportunities for reflection, connection and action.

The Personal Leadership Enrichment Series provides useful tools that you can take back to your workplace today!

## EFFECTIVE COMMUNICATION

Become a more effective communicator through improved expression, listening skills, and awareness of the communication process. Participants will explore the art of listening and increase their understanding of body language to become more conscious communicators in daily life.

## SELF-EMPOWERMENT

Step forward into engaging with the world from a place of purposeful intention. This workshop uses reflection tools to increase self-awareness and access the personal power within to show up more fully each day.

## TEAM DYNAMICS

Teams are formed from a consolidated set of individual skills, combined abilities and shared purpose. Gain perspective on what drives team dynamics for better individual and collective performance. Unlock the personal perspective that makes you your best team player.

## CONSCIOUS CONFLICT

Conflict happens – and you can handle it. Learn to better assess, understand and move through conflict. Gain mindful techniques to promote a positive collective outcome to common sources of conflict in the workplace.

## NAVIGATING CHANGE

Increase your resiliency factor in times of change by understanding the dynamics of workplace change. This workshop addresses the common barriers to change and provides opportunities to practice a new way to navigate change.

## CREATIVE PROBLEM SOLVING

Embrace the puzzle of a problem so that it generates a structure for innovation. This practical workshop harnesses the power of creativity in problem solving to reduce fear and engage exploration. Participants will learn to access profound and practical ways to solve everyday workplace issues.

For details, email: [LeadershipDevelopment@CSL.org](mailto:LeadershipDevelopment@CSL.org)