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Whether you're brand-new to leadership or a seasoned veteran, you'll find something inspiring, helpful and relevant in the *Discover Leadership* program offered by Karen Main and *Innovations in Training*.

This fast-paced, two-day program consists of assessments, activities, lectures and discussion designed to build your competence and effectiveness as a leader. You'll enhance your self-awareness through Emergenetics, a personality assessment that not only helps you understand yourself, but helps you understand your impact as a leader. You'll learn current approaches to leadership and gain the skills you need to motivate, lead and inspire others.

Topics covered in this course include:

- Understanding the role of a leader in the midst of a fast-paced workplace
 - Expectations, roles and responsibilities of today's leader
 - Emotional Intelligence and leadership
- Essential skills for effective leaders
 - Self-awareness
 - Delegation
 - 1-on 1 Coaching
 - Individual & Team Communication
 - Feedback
 - Managing conflict
- Motivating employees
- Ensuring accountability and quality

The program includes:

- Assessments:
 - your own Emergenetics® profile
 - Thomas-Kilmann Conflict Style assessment
- Case studies
- Small-group discussion
- Readings and resources for increased learning
- Lectures

About your facilitator:



Karen Main is the owner of *Innovations in Training*, a consulting firm specializing in leadership development, teambuilding and process improvement services. Her programs utilize innovative techniques to engage employees in the learning process and this approach has earned her recognition from The Asch Center at Harvard University, Mountain States Employer's Council and the Association for Talent Development. Karen has numerous credentials including Advanced Certification in Emergenetics®, certification in the ToP® method of facilitation, certification by the Harvard Kennedy School in "The Art & Practice of Leadership Development" and advanced degrees from the University of Colorado and the University of Denver. She is a favorite speaker at conferences and events across the country! When she's not teaching, she's traveling and exploring new places and cuisines across the U.S.