



**Q&A LEADERSHIP
COACHING**

Leadership Workshops 2023

Facilitated by Rebecca Quigley



REBECCA QUIGLEY, OLCC

FOUNDER AND PRINCIPAL

[LEARN MORE ON THE WEBSITE](#)



Rebecca Quigley is a certified coach and a dynamic facilitator with deep expertise in corporate consulting, leadership, team development, and emotional intelligence.

Her optimistic attitude, warmth and intuitive style help clients achieve remarkable results, including increased clarity, influence and personal effectiveness.

SPECIALITIES

- Goal-oriented, strengths-based leadership coaching for leaders at all organizational levels.
- As well as coaching for teams, leadership development workshops, small group coaching, Hogan Leadership Assessment, DiSC Workplace Assessments, Enneagram Personality Assessment for Work, MBTI Personality Assessment, stakeholder interviews and 360 assessments.
- Rebecca dedicates 10% of her practice to underrepresented women and nonprofit leaders.

CREDENTIALS

- Vanderbilt University, BS in Human and Organizational Development
- Northwestern University, OLCC, Certified Executive Coach
- Cornell University, Certified, Women in Leadership: Identifying and Navigating Gender Bias
- Chief, Executive Coach and CORE Workshop Leader
- Coaching for Everyone, Volunteer



WORKSHOP THEME 01.

Leading With Emotional Intelligence

→ How to Navigate Different Leadership Styles at Work

We will explore the personal drivers, motivators, and stressors of different personalities and leadership styles. By exploring and understanding others' styles, how can I better flex my style to connect with others? How can I use this information to increase my ability to influence my clients and grow my team?

→ Identifying Career Saboteurs

One key to mental fitness is to weaken our internal “saboteurs” – the parts of our personalities that generate all our negativity as we respond to challenges. Our 9 saboteurs (the stickler, pleaser, hyper-vigilant, restless, controller, avoider, hyper-achiever, hyper-rational, and victim) cause stress, anxiety, self-doubt, frustration, regret, shame, guilt, and unhappiness. They keep us stuck at work. Here we will identify and label our saboteurs and learn how to hack mental fitness, leaning into our “sage” powers: empathize, explore, innovate, navigate, and activate.

→ Defining Your Personal Leadership Vision

We now know more about ourselves as leaders and more about the way others lead. It's time to create a future vision for our leadership. At my best and brightest, how do I want to show up for my team? How do I want to show up for my clients? How will I show up in times of chaos and stress? How do I want others to describe my leadership? After this session, each leader will have crafted a statement and vision for an elevated leadership vision.



WORKSHOP THEME 02.

INCREASING INFLUENCE THROUGH POWERFUL COMMUNICATION

→ Communication's Power to Elevate Ideas, Strategy and Connection

You can be the smartest person in the room with the best ideas, best strategy, and the best team, but if you can't communicate with the clarity and the appropriate style to influence outcomes, you are missing out. Communication plays an essential role in each and every responsibility you have. Whether you're building relationships, managing conflict, or explaining clear objectives, effective communication is key. Adding virtual work into the mix, effective ways of communicating become fundamental for a positive employee experience.

→ Asking Powerful Questions

Questioning is a uniquely powerful tool for unlocking value in organizations. It spurs learning and the exchange of ideas, it fuels innovation and performance improvement, it builds rapport and trust among team members. Powerful questions can mitigate business risk by uncovering unforeseen pitfalls and hazards. For some people, questioning comes easily. But most of us don't ask enough questions, nor do we pose our inquiries in an optimal way. In this session we will learn how to ask more questions and learn why this habit elevates our leadership skills and has the power to shift team culture.

CONTINUED ON NEXT PAGE...



→ Influencing: How to Change People's Minds

Everyone has something they want to change. Employees want to change their boss' mind and leaders want to change organizations. Marketers want to change customers' minds and spouses want to change their partner's opinion. But change is hard. We push and push, but often nothing happens. Successful change isn't about pushing harder or exerting more energy. It's about removing barriers. We must overcome resistance by reducing friction and lowering the hurdles to action. We will explore the five hidden factors that impede change, and how, by mitigating them, you can become a better agent for change.

→ Navigating Tough Conversations: How to Care Personally and Challenge Directly

It is easy for humans to avoid difficult conversations, especially when teams are physically apart. Empathy and compassion matter at this time, but you will not be serving your client, colleague, or your team if you use this as an excuse to avoid challenging feedback. We will learn the framework for how great leaders have tough conversations through trust, courage and radical candor.



WORKSHOP THEME 03.

NEXT LEVEL LEADERSHIP

→ Adaptability and Why it Matters

The best leaders quickly respond to client needs, changing trends, innovation, destabilization, and industry shifts. The ability to adjust or shift makes an employee nimble and that is important because most industries today are in some state of flux. Adaptable leaders experiment, see opportunity where others see failures, are resourceful, think ahead, and don't blame others. They stay curious and anticipate patterns. In this session, we assess our adaptability and look at how we can increase adaptability for self-growth and to better lead our teams and organizations.

→ How a Growth Mindset Increases Creativity and Helps Us Get Unstuck

Individuals who develop a growth mindset view failure as a sign of growth and opportunity. They know there is much to learn from our setbacks and that these things are not a reflection of them as people. Someone with a fixed mindset sees their work as innately them and it fuels their self-worth. When things go wrong, they see themselves as failures and it hinders their creative growth. A growth mindset leads to more flexibility, risk taking and an open mind. In this session, we will explore how cultivating a growth mindset at work leads to more innovation and better ideas.



**Q&A LEADERSHIP
COACHING**

Would You Like To Book Your Workshop?

Facilitated by Rebecca Quigley

[BOOK NOW](#)