

# Quick Bite Trainings

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Take a small start with us by booking a 2-hour training with your staff and leadership TODAY. These short trainings give you one critical technique out of each one of our signature training programs. You can test our approach, style, and content before making a more sizable commitment.

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## **Courageous Communication™ - Quick Bite**

**How to have Game-Changing Conversations in High-Stakes Situations**

In two hours leaders will learn the seven critical steps of communication. They will feel confident in having pivotal conversations when they matter most in business, even those moments that they shy away from, avoid, or freeze in the face of from now. They will learn to ask questions to clarify, validate and empathize with others, solve the real problems, build lasting solutions that others authentically agree to, and follow up appropriately and consistently in order to produce high performing results in professional relationships that are mutually beneficial, and valuable, for everyone.

*Technique Learned - the 7-Steps of Communication*

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## **Strengths Based Behavior Management™ - Quick Bite**

**How to Lead Challenging, Confrontational, or Diverse Team Members**

In two hours leaders will learn how to identify strengths in every team member, especially those most difficult and diverse. They will turn challenging behaviors like laziness, heckling, or irresponsibility into leadership qualities and positive outcomes by putting team members in the right role for them, and focusing on an outcome and vision they can both agree on. They will master how to identify the value in all human behaviors, and feel confident in redirecting challenging behaviors and difficult people into high performing, highly engaged teams.

*Technique Learned - Defining Strengths in Difficult and Diverse Team Members*

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## **Agreement Based Accountability™ - Quick Bite**

**Create a Fully Engaged, High-Performing Team**

In two hours leaders will learn the difference between expectation-based accountability and agreement-based accountability. They will feel the relief that comes from highly engaged teams, that are self-responsible and focused on results that mutually matter to both the leader, and the team member. They will begin to witness the innovation, motivation, and passion that naturally emerges from their teams when they engage them in the outcome, the choice, and the agreement from the start. Rather than placing expectations on their team members that they didn't participate in, agree with, or make a choice to execute; leaders will learn to generate agreements around everything they want executed.

*Agreements Over Expectations*

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## **I AM Powerful™ - Quick Bite**

**Mastering Your Responses in the Face of Challenge, Change, and Complexity**

In two hours leaders will learn the difference between Control Centered Leadership and Power Centered Leadership. They will learn the indicators of control, and the Four Principles of Power. They will be able to identify when they, or others, are responding from a place of control (limiting, choking, or destroying) and how to immediately infuse a situation, relationship, or conversation with power (leaning in, embracing, and amplifying). This training gives leaders a clear pathway to step into Power Centered leadership; making more strategic decisions, solving problems quickly, efficiently, and effectively, strengthening interpersonal skills, and feeling less stress, and more peace, even in the face of challenges, change, and what can often feel like chaos or complexity.

*Technique(s) Learned: The Circle of Power, Control Centered Leadership, Power Centered Leadership, and the Four Principles of Power*

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## **Logistics**

1. Book trainings in any combination you wish.
2. Can be booked at times that work for your organization's schedule.
3. Include as many participants as you wish.
4. Can be live or done on Zoom anywhere in the world without paying for travel.
5. Performed by our Master Corporate Trainers.
6. Include full color handouts in PDF and print.
7. \$2k per training.
8. Include a FREE Leadership Gap Assessment to determine what your organization needs next, and what's the best way to scale within your organization.

## **Signature Power Integration Center Training**

Quick Bite programs follow our signature training approach combining critical thinking, skill mastery, and relevant personal transformation for long term measurable results, when they matter most. We process our way to success, in real life, relevant situations occurring in your business and teams right now! We help you fix the things that matter, and produce results that stick. All programs of the Power Integration Center™ are aligned with the 4 Principles of Power™ and the core philosophy of power centered leadership™