

# LEADERSHIP COACHING



## MORE SEMINARS AVAILABLE

### POSITIVE CONFLICT RESOLUTION SKILLS

Conflict can endanger relationships, but if handled well, it can also provide opportunities for growth, ultimately strengthening the bond between two people. Since relationship conflicts are inevitable, learning to deal with them (rather than avoiding them) is crucial. Learn the skills you need for conflict resolution, and keep your relationships strong and growing.

### TEAMBUILDING

Our training includes some simple tools of quality / productivity improvement which people, at any level, can use. The effect is commitment to quality / productivity improvement and the promotion of open decision making. Our team building training emphasize the need to break down barriers.

#### TOTAL LIFE COUNSELING

1507 S. Hiawassee Road #101  
Orlando, FL 32835  
Satellite Offices:  
Winter Park & Clermont

Phone: 407-248-0030  
Fax: 407-248-0226  
info@totallifecounseling.com

## SEMINARS AVAILABLE

### TOOLS FOR BUILDING YOUR PERSONAL LEADERSHIP SKILLS

Do you have the skills to become an effective leader? Do you know how to discover and develop your strengths, define and promote your vision, and create a life in harmony with both achievement and satisfaction? In this workshop, you will synthesize concepts and strategies from psychological, physiological, sociological, and entrepreneurial traditions to construct your personal building blocks for leadership.

### HABITS FOR EFFECTIVE LEADERS

This workshop is designed based on concepts from Stephen Covey's THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE. You will explore some habits of highly effective people that you can begin today or use to renew your leadership career.

### BUILDING ON THE SEVEN HABITS: A PRACTICAL GUIDE TO ACTION

This seminar introduces the concepts within Stephen Covey's book, *The 8<sup>th</sup> Habit*, to assist you to begin the process of creating your own action plan based on your personal goals. This seminar examines the whole person.

While leadership is easy to explain, leadership is not so easy to practice. Leadership is about behavior first, skills second. We can probably recall working with or working for a person that had all the skills to be in their position, but when it came to their behavior....well enough said. When it comes to developing your personal leadership skills, keep in mind there is no "cookie cutter" approach or one size fits all method to developing them.



As Aristotle once said

*".....we are what we repeatedly do.*

*Excellence, then, is not an act but a habit."*



## TOTAL LIFE'S LEADERSHIP COACHING

### *Why is leadership Coaching Important?*

**Leadership** is more than skills and talents. We lead out of who we are on the inside, from our past training and personal experience.

### *Why do people need this type of coaching?*

**Professional:** You will explore your particular blend of talents, abilities and past experiences in order to achieve professional effectiveness and success.

**Personal:** You will identify unresolved personal issues that could result in disillusionment, burnout, or loss of focus and effectiveness.

**Interpersonal:** You will discover how to confront problems that interfere with your ability to relate effectively with others.



Jim West, M.A., LMHC, NCC is asked to speak internationally at organizations, churches and school assemblies on various topics. Jim is also asked to train or speak at various events for professional state, national and international organizations. Jim is often the top requested speaker.



Janie Lacy, M.S., IMH-6641 has a passion to reach out and help people grow and mature through difficult life situations. Janie has invested in the lives of others through public speaking, leadership training, educational instruction and small group ministry.

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## LEADERSHIP COACHING



Total Life Counseling Center offers a "full" range of Individual, Family, & Group counseling services for children, teenagers, adolescents, and adults.

TLC offers services in the Central Florida area including: Metro West, Winter Park, and Clermont .

TOTAL LIFE COUNSELING  
TRAIN COACH LEAD

