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## Presentation Outlines & Examples:

### **Move Your But! (from 90-Minutes up to ½ day)**

This session will explore the ways in which a single conjunction (“But”) can determine to what degree the organization’s work is aligned, amplified, and appreciated. With the theoretical framework of *Transcendent Leadership* as the backdrop, participants engage in interaction and dialogue designed to guide thinking and action. More specifically, this session explores the ways in which a properly positioned “But” can create a work environment and team culture that is:

- Solutions driven
- Forward thinking
- Intentional in movement
- Interpersonally aware
- Legacy oriented

### **Elevating Inclusive Excellence (from 90-Minutes up to ½ day)**

The presentation explores the reality that research has shown humans have a fundamental need to belong, are incredibly sensitive to their social context, and are strongly motivated to remain in good standing with their social group and avoid social exclusion. Building upon the research, this session provides insight into ways in which excellence in inclusivity does the following:

- Enhances personal and professional well-being
- Makes the team stronger and the environment healthier
- Catalyzes support, inspiration, creativity, productivity, and cohesiveness
- Establishes a mode of operation that leads to greater positive impact and collective success
- Promotes organizational equity, equality and justice

### **Power Tools: Essentials for Building Interpersonal Awareness (from 90-Minutes up to ½ day)**

The aim of this session is for participants to be energized, engaged, educated, and empowered. The overall goal is to raise awareness of the need to maximize professional and personal well-being related to the following:

- Navigating conflict
- Understanding work/life integration and harmony
- Leading with emotional intelligence
- Leading with empathy

- Sustaining healthy work relationships
- Communicating for positive interactions
- Establishing trust as the core of workplace health

### **Leading from the Middle (from 90-Minutes up to ½ day)**

This session explores the premise that leading from the middle comes with many complexities. There are bosses on one side and direct reports and peers on the other side. But like the Oreo Cookie, there is “good stuff” in the middle. In this session, the Oreo Cookie is used as a metaphor for focusing on the development and support of middle-leaders as they:

- Lead personally
- Lead multi-directionally
- Lead inclusively
- Lead resiliently
- Lead authentically
- Lead mindfully
- Lead with emotional intelligence

### **Your Voice. Your Power. (90-minutes up to ½ day)**

There are current indicators that many women in the workplaces are exhausted and burned out, as they are experiencing higher levels of stress, anxiety, relationship-breakdown, insomnia, depression, and emotional and physical fatigue. As women attempt to bring their full selves to their diverse roles, the realities of their professional and personal struggles often are *unspoken*, and their professional and personal voices are often minimized or muted. In this presentation, Dr. K amplifies the need for voice power, while inspiring women to remember and to reconnect to their “whole voice” when navigating professionally and personally. Grounded in her innovative research on women’s voices and the creation of *The Voice Positioning System (VPS)*<sup>™</sup> framework, Dr. K will provide insights and strategies for daring to own the power of voice to be seen, heard, and valued.