



WORKSHOP TESTIMONIAL

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As a result of working with Beard Executive Consulting, I developed a greater sense of confidence in myself as well as in my work.

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Cindy McGill,
SVP Human Resources,
Major Southwest
Hospital

LOOKING IN THE MIRROR: LEADERSHIP PSYCHOLOGY 101 A DNA of Leadership Workshop

Bouts of insecurity plague everyone, but the anxiety that stems from insecurity isn't in and of itself a detriment to success or happiness. It is the ways in which we manage these insecurities that define us. Through **interactive learning** and **case studies**, Beard Executive Consulting's **Looking in the Mirror Workshop** provides your leaders with the tools they need to make confident and informed business decisions. It all starts with the person in the mirror.

WHAT YOU LEARN

- ◆ The Practices of Successful Leaders
- ◆ How to Recognize and Overcome Dysfunctional Behaviors
- ◆ How to Cultivate Healthy Thinking
- ◆ How to Attract Positive Allies
- ◆ The Long-Term Building Blocks of Healthy Self-Esteem

THE OFFERING

The **Looking in the Mirror Workshop** can be tailored for groups of 10 to 30.

Half-Day Workshop: Leaders learn how to spot the obstacles to cultivating healthy thinking and become familiar with the practices of successful leaders.

Full-Day Workshop: Leaders learn how to spot the obstacles to cultivating healthy thinking. They leave the workshop with a personal plan for building healthy self-esteem while increasing their productivity and satisfaction.

90-Minute Condensed Webinar: The Looking in the Mirror Workshop is also available as a 90-minute webinar. The webinar includes workshop materials and a “live” question and answer session.