

# Leadership Workshop Topics



All topics can be delivered individually as workshops or webinars, or select topics can be bundled in a series.

## 5 Hacks for Creating Calm in Chaos

Threat to one brain, may not be to another. The difference is in how we frame the event. While we cannot always choose the circumstances we face, we can choose how we respond. This session includes practical strategies for reframing that enable us to better manage ourselves and have a more positive influence on those around us.

Outcomes:

- Identify the leading trigger for threat
- Receive practical strategies for increasing calm and reducing threat
- Apply four questions to responding purposefully in situations that trigger threat

## Hijacked! What Threat Does to Your Brain and How to Take Back Control

Your brain responds to threat. Period. It doesn't care if the threat is real or perceived, past or present. The greatest one thing we can do for ourselves, our teams, and our families is to recognize and minimize threat. Learn specific ways threat impacts the brain, the top 10 threats in the workplace, and strategies for turning threat into opportunities.

Outcomes:

- Learn 3 Big Deals about the brain
- Discuss specific ways threat impacts the brain
- Discover the top 10 threats
- Identify specific strategies for minimizing the negative impact of threat

## Communicating with Clarity: The Science of Clear Communication

Communication is important...but CLEAR communication is essential, especially in times of change and uncertainty. This session includes practical strategies for communicating with clarity so that we achieve better results with less effort.

Outcomes:

- Identify three secrets to communicating with clarity
- Apply a communication triangle to real-life situations
- Discover the neuroscience behind clear and effective communication
- Receive practical strategies for delegating with clarity

## CONTACT

Sherry@YellinGroup.com

214.505.5623

www.yellingroup.com

### 3 Essentials to Building Radical Trust and Cooperation

Ever experienced the pain and agony of trying to get results when there was low trust and little cooperation? The reality is this: when threat is high and trust is low, everything is unnecessarily difficult. We pay unnecessary taxes in time, energy, and productivity. The greatest one thing we have learned in all of our years of working with thousands of people in premier organizations is the invisible variable that makes all the difference. This session shares three essentials to building radical trust and cooperation.

Outcomes:

- Discuss unnecessary taxes that result in low trust cultures
- List the behaviors that lead to trust
- Address how to think trust, speak trust, and live trust
- Discover power words and phrases that instantly build trust

### EQ Unlocked: The Emotional Intelligence Advantage and the Secret to Being Your Best

While we all use our technical skills every day, the true difference maker in stressful and uncertain times is how we use our social and emotional skills. EQ is FOUR TIMES a better predictor of success and happiness in life than IQ. Let's take a look at what emotional intelligence is, what it looks like lived out, and how we can put it to use to being our best self and living our best lives.

Outcomes:

- Identify the connection between EQ and personal and professional success
- Discover four foundational behaviors of EQ
- Receive practical strategies for increasing EQ

### Writing Emails That Get Results and Build Relationships

Only 7% of our communication is made up of the words we use. The remaining 93% is the result of tone, body language, and context. Email, then, essentially relies on 7% of communication to get us 100% of our results. This session includes a 3-step method for writing emails that get results with less time and anxiety without damaging relationships.

Outcomes:

- Discover the leading causes of email disasters
- Practice a proven formula for writing emails in less time with better results
- Receive a list of email etiquette tips

### Tough Talks Made Easy: How to Say Hard Stuff with Courage and Care

Does the idea of holding a tough talk make you nauseated? Would you like to know a magic formula that not only ease your fear of tough talks but may would make you actually look forward to them? In this webinar, I will share with you a secret formula for holding tough talks with high courage and high consideration.

Outcomes:

- List the characteristics of a tough talk
- Discuss common beliefs that hinder successful tough conversations
- Explore the role of time, place, tone, and intention in holding successful tough talks
- Apply a proven template for holding tough talks with high courage and high consideration

## **Intelligent Productivity: Work Smarter, Not Harder**

Smarter choices equal better performance, better decisions, and better relationships. Information overload is real and costly. We make poor decisions, communicate poorly, suffer from stress-related illnesses, and compromise our relationships. Let's get more intentional in the way we think, manage resources, communicate, resolve conflict, and build our social networks.

Outcomes:

- Discover the habits of high performers
- Discuss ways to leverage four critical times of the day to improve productivity
- Explore a variety of productivity tools and templates

## **Influencing and Persuading With or Without the Title**

Are your results directly linked to your ability to influence and persuade others? The ability to influence or persuade others is a critical skill for success in today's business environment. Having a good idea isn't enough. You will need to "sell" it to others before it is implemented. People who easily and naturally influence and persuade get better results without unnecessary drama.

Outcomes:

- Discuss the science of persuasion
- Debunk the greatest myth behind influencing and persuading
- Discover three essential skills to influencing and persuading

## **Professional Brand: How Your Presence Speaks When You're Not in the Room**

What is a personal brand? What is YOUR personal brand? Your personal brand is essentially who you are when you're not in the room. We all have one...whether we realize it or not. What does your personal brand say about you and how may it be impacting your results? Learn the 6 considerations most influential in shaping the brand you desire.

Outcomes:

- Define personal brand
- Discuss the six considerations most influential in determining personal brand
- Identify actions for getting feedback

## **Collaborate Like a Pro: Build a Culture of Candor, Respect, and Results**

Imagine an organization where there are continuous candid, fearless, and respectful conversations about how to improve relationships and performance. Imagine if these conversations were not tolerated but expected by every team member? What unnecessary costs go away? What opportunities become possible?

Outcomes:

- Define a collaborative culture
- Challenge their beliefs about feedback
- Receive tips for giving and receiving feedback

## Mastering the Art of Delegation: Multiply Your Impact, Not Your Stress

Delegation can be mutually beneficial to both the delegator and the delegate. It allows the delegator to scale, and it allows the delegate to learn and grow. However, these benefits don't happen on accident. Both the delegator and the delegate need the skills of delegation.

Outcomes:

- Identify the benefits of delegation
- Challenge their beliefs about delegation
- Learn the 5 levels of delegation
- Receive a checklist for ensuring a successful delegation

## The Gift of Gratitude: How to Train Your Brain for More Joy and Better Results

What can boost brain productivity by as much as 30-35%? Gratitude. Gratitude gives your brain (and the brains of those around you) a happiness advantage. Learn the science behind why having a practice of gratitude is the best kept secret to optimal performance and impact.

Outcomes:

- Explore the impact of perspective
- Learn how gratitude impacts the brain
- Experience the power of a gratitude practice
- Receive tips for leveraging gratitude every day

## FOCUS: 5 Steps to Sharpen Attention in a Noisy World

How do we create more FOCUS in a distracted world? Much like a building muscle, creating focus is intentionally combining both science and strategy. By studying the brain and habits of high performers, we can build the focus muscle to increase performance and decrease overwhelm.

Outcomes:

- Learn the part of the brain responsible for focus and ways it can be hijacked
- Discover common habits of high performers
- Receive practical suggestions for creating and maintaining focus throughout the day

## Design Your Year: 5 Steps to Set Intentions That Stick

Tell your year where you want to go before it tells you where it went. The good news? It doesn't have to be complicated. In 5 steps...in under 5 minutes each...you can set the direction for your entire year.

Outcomes:

- Identify their goals for their year
- Discover the characteristics of a well-written goal
- Create a goal plan for the year in under 30 minutes

## **One-Page Roadmap: Set Goals That Align and Actually Get Done**

High performers set goals, review those goals on a daily basis, and make sure that their beliefs and actions support those goals. The One-Page Roadmap leads participants in setting goals in 7 areas: biological, mindset, social, material, presence, spiritual, and custom ...all on one page for easy reference.

Outcomes:

- Set goals in seven areas essential to overall wellness and happiness
- Create a one-page visual for easy reference
- Discover how to align beliefs and actions with desired results

## **Habits of High Performers: What High Performers Do Differently (and Daily)**

“If we study what is merely average, we will remain merely average.” Shawn Achor. If our goal is to be a high performer, let’s study what high performers do. Success leaves clues. So does struggle. This session reveals surprising habits of exceptional performers, and how those habits impact results.

Outcomes:

- Discuss how current rules are driving current results
- Explore five surprising habits of high performers
- Apply the habits to a real-life challenge
- Create a personal action plan

## **Stakeholder Savvy: Get Buy-In Before You Even Make the Ask**

Successful change and innovation initiatives, regardless of subject or scope, are those that involve a plan for managing stakeholders. Savvy leaders recognize that level of stakeholders can accelerate success or accelerate failure. This session equips team members with a model for identifying all stakeholders and determining the most appropriate way of monitoring, communicating, and collaborating with all to ensure buy-in and commitment.

Outcomes:

- Recognize the value of mapping stakeholders
- Apply a model of stakeholder mapping to a real-world challenge
- Discuss common obstacles that prevent stakeholder buy-in
- Create a personal action plan

## **The Resilience Advantage: Your Brain on Grit**

Resilience...Perseverance...Passion...Focus...Determination... Grit...are all common traits of high achieving individuals, teams, and organizations. But, can these traits be learned and strengthened?In this webinar, we explore the science and strategies of building greater grit and resilience.

Outcomes:

- Discover 3 Big Deals about the brain
- Learn the advantages of a growth mindset
- Practice strategies for developing greater resilience
- Create a personal action plan

## Strategic Thinking: Solve Smarter, Plan Sharper, Win Bigger

High performers don't just solve problems—they solve the right problems with clarity, foresight, and precision. This session equips you to think like a strategist by shifting from reaction mode to reflection mode. You'll learn how to use powerful tools like the GROW model and analytical thinking frameworks to uncover root causes, sidestep wasted effort, and design solutions that last.

Outcomes:

- Learn the GROW framework for strategic thought
- Discover tools to get to the real root of the problem
- Use analytical models to guide better decision-making

## Moments That Matter: How to Create Magnetic Customer Experiences

Customer loyalty isn't built in transactions. It's built in moments. The unforgettable ones. This JAM explores the neuroscience and strategy behind creating customer experiences that stick. You'll uncover how small interactions drive big impact, and how to design “wow” moments that turn satisfaction into lasting loyalty.

Outcomes:

- Discover how relationships impact long-term business growth
- Explore memorable support examples and what made them work
- Identify rituals that create “wow” moments that last

## Fuel Up: The Secret to Managing Energy, Not Just Time

Time is equal, but energy isn't. Everyone gets 24 hours, but how you show up in those hours depends on how well you manage your energy. This session will flip the script on traditional productivity by showing you how to protect, prioritize, and renew your physical, emotional, and cognitive energy so you get more done without burning out.

Outcomes:

- Understand the four dimensions of energy (physical, emotional, mental, and spiritual)
- Identify hidden drains on your energy—and how to shut them down
- Learn daily strategies to renew energy and sustain high performance

## Clarity Over Chaos: Coaching the Brain Through Uncertainty and Burnout

It's not the change that breaks us; it's the confusion that comes with it. When the brain senses uncertainty, it defaults to survival mode, triggering stress, procrastination, and disconnection. This session reveals the neuroscience behind why confusion is so costly and includes practical, brain-based tools to help you shift from a state of confusion to one of focus. Learn how to minimize threat, unlock clarity, and restore access to the brain's best functions: creativity, empathy, and self-control.

Outcomes:

- Understand how uncertainty triggers the brain's threat response
- Learn why confusion—not change—is the real driver of burnout and disengagement
- Apply brain-based strategies to move yourself and others from confusion to clarity

## Lead Forward: Break Through Resistance and Reignite Growth

Today's leadership path is anything but linear. In this science-backed session, you'll explore how the brain responds to change, why growth often triggers resistance, and how to move forward with clarity and confidence. Using brain-aligned strategies, you'll learn how to reframe uncertainty, fuel motivation, and create a clear, personalized path to greater resilience and impact.

Outcomes:

- Discover how the brain's wiring impacts growth, motivation, and resistance
- Apply CRANIUM and GROW strategies to unlock clarity and resilience
- Identify one micro-action to move forward with focus and confidence

## Speak Up, Show Up: Building the Confidence to Be Seen and Heard

Even the most capable people can feel like frauds. Imposter syndrome isn't a sign of weakness. It's a sign your brain is doing what it's wired to do: protect you. But when left unchecked, it kills confidence, silences contribution, and sabotages growth. This session unpacks the neuroscience behind self-doubt and equips you with tools to shift from fear to focus, from comparison to clarity. You'll learn how to build self-trust, own your strengths, and show up with unshakable confidence, even when you're still figuring things out.

Outcomes:

- Understand the neuroscience of imposter syndrome and how it affects confidence
- Learn strategies to interrupt negative self-talk and reframe inner narratives
- Practice tools to build self-trust, presence, and professional courage

## The Hidden Superpower: How Listening Builds Trust, Influence, and Impact

In a world full of noise, listening is rare and powerful. It's more than hearing words; it's about creating connection, uncovering insight, and transforming relationships. This session explores what neuroscience reveals about how the brain responds when we feel truly heard, and how poor listening triggers threat, defensiveness, and disengagement. You'll learn how to listen beyond the words, reduce distraction, and respond in ways that build trust, collaboration, and influence.

Outcomes:

- Understand how listening (or not listening) impacts the brain and relationships
- Learn practical tools to reduce mental distractions and listen with full presence
- Apply powerful listening techniques to increase trust and influence

## **The Cost of Confusion: Leading with Confidence in an Age of Uncertainty**

Leadership is no longer defined by certainty. It is defined by adaptability, human connection, and the ability to lead through ambiguity. Yet neuroscience reveals a hidden barrier: the real enemy of performance isn't change. It's confusion.

This session is packed with practical brain-based strategies to transform confusion into clarity. Participants will explore the neuroscience behind FOBU (Fear of Being Uncertain) and learn easy ways to immediately lower negative threat and restore the brain's prefrontal cortex functions, planning, creativity, empathy, self-control and adaptability.

Outcomes:

- Discuss the role of uncertainty in today's reality
- Discover the impact of negative threat on the brain and performance.
- Identify why uncertainty and confusion trigger the brain's threat response
- Apply brain-based strategies to reduce confusion and build clarity

## **Responsive Communication: How to CONNECT in a Digital World**

In today's remote and hybrid workplaces, your brand is no longer built in hallways. It's built in inboxes, on screens, and through response time. Every message you send, every meeting you attend, and every delay in follow-up either builds trust or erodes it. The question is not whether you are communicating. The question is whether you are connecting.

This session explores the neuroscience and strategy behind responsive communication. You'll discover how your digital presence, your words, and your follow-through shape how others experience you. Learn practical tools for showing up, speaking up, and stepping up.

Outcomes:

- Explore what diminishes credibility
- Understand how digital presence shapes your professional brand
- Increase engagement and influence in virtual meetings
- Apply simple strategies to communicate with clarity and build trust