

### The Unique LMI Process

LMI delivers a process that not only provides skill and competency development but changes the attitudes and behaviours of the participant.

To ensure that measurable results and a Return On Investment are achieved:

- ✓ Specific workplace goals for learning and performance improvement are established in consulting between the Participant and Company Management, refined in 2 up-front sessions
- ✓ Support from the LMI Facilitator guides the Participant's "on the job" application of the learning
- ✓ Complete resource materials allow multi-sensory learning
- ✓ Twelve interactive sessions are facilitated in convenient bi-weekly workshops
- ✓ Participants present key results and a summary of course accomplishments at a special Graduation Meeting. Certificates are awarded

#### Session One:

##### ***Introduction to Concepts***

Concepts of Success, Motivation & Attitude Changes  
 Organizational Climate Survey  
 Individual Self-Image Profiles  
 Success as Related to Past Conditioning  
 Attitude and Habits – The Effective Motivators  
 Multi-Sensory Learning  
 Spaced Repetition  
 The Power of Goal Setting

#### Session Two:

##### ***Goal Setting***

Validation of ROI  
 Developing Personal Related Goal Planning Sheets  
 Developing Business Job Related Goal Planning Sheets  
 Fine Tuning Goal Tracking Systems  
 Integration of My-Tyme Planner with Goal Planning Sheets  
 Profile Evaluation Awareness and Integration into Goal Planning Sheets

#### Session Three:

##### ***Personal Leadership is Where it Begins***

To Know Yourself is to Lead Others  
 The Untapped Potential of Women Leaders  
 The Rewards of Personal Leadership  
 A Leadership Philosophy that Works  
 The Journey to Successful Personal Leadership

#### Session Four:

##### ***The Challenge of Conditioning***

Redefining Women's Leadership Roles  
 A Great Time for Women  
 Challenging the Effects of Conditioning  
 Your Unlimited Potential to Succeed  
 Conditioning through One's Environment  
 Conditioned Self-Restrictions  
 Learning from Mistakes and Setbacks  
 Encouraging Others to Succeed

#### Session Five:

##### ***Building a Positive Self-Image***

The Importance of a Positive Self-Image  
 Self-Image and Leadership  
 Strengthening Your Self-Image  
 Enjoying the Freedom to Choose  
 Preparing for Leadership Opportunities  
 Living with Positive Expectancy  
 Attitude Is Everything!

#### Session Six:

##### ***Understanding Motivation***

Motivation and Needs  
 Understanding Our Basic Human Needs  
 Traditional Approaches to Motivation  
 The Power of Motivation through Attitude  
 Motivation and Your Meaning for Life  
 Commitment to a Single Purpose  
 Defining Your Personal Life's Mission

#### Session Seven:

##### ***The Power of Goal Setting***

The Importance of Your Values  
 The Principles of Goal Setting  
 Five Steps to Successful Goal Setting  
 Goal Setting Helps Balance Family and Work

#### Session Eight:

##### ***Affirmation and Visualization***

The Power of Affirmations  
 Types of Affirmations  
 Why Affirmations Work  
 Guidelines for Writing Effective Affirmations  
 Visualization and Imagination  
 Visualization and Your Leadership Priorities

This program helps participants to develop the critical attitudes, self-confidence and qualities that meet the demands of modern business. You will examine your organization's culture and how it impacts success, how to align your leadership skills with your organizational culture, the choices and trade-offs that may be necessary to attain, regain, or maintain work/life balance, and other unique challenges that women face as they move higher in their organizations.



## LEADERSHIP FOR WOMEN

*Make a Difference Through Leadership*

### **Session Nine:**

#### ***The Challenge of Leadership***

Integrating Personal Goals and Leadership  
Planning for Group Accomplishment  
Attitudes for Leading Others  
Sharing the Power with Team Members  
The Art of Empowering Others  
Delegating with a Purpose  
Tracking Performance  
Trust Earns Respect and Equals Productivity

### **Session Ten:**

#### ***Time Management***

Time is Your Friend  
Types of Time Problems  
A Positive Time Program  
Planning and Decision Making  
Organizing Time  
Managing Time  
Controlling Your Time

### **Session Eleven:**

#### ***Communication and Persuasion***

The Importance of Good Communication  
Planning the Total Message  
Breaking Down Psychosocial Barriers'  
Communicating Verbally  
Communicating Via E-mail, Fax and Memo  
Using Your Power to Persuade

### **Session Twelve:**

#### ***Your Final Destination – Personal Fulfilment and Leadership Success!***

Dreams Become Reality  
Your Widening Circle of Success  
The Rewards of Leadership  
The Leadership Challenge

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### **OTHER LMI DEVELOPMENT TOPICS**

Productivity ■ Teamwork ■ Sales ■ Communication ■ Supervision ■ Strategic Management

[www.lmicanada.ca](http://www.lmicanada.ca)

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