

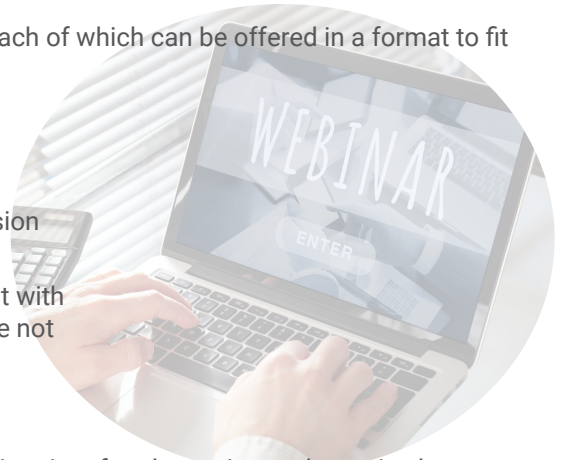
## Fall 2020 Webinars for In-House Delivery

We are pleased to announce our fall array of webinars for your teams, each of which can be offered in a format to fit your group size and preferred level of interaction.

### Available Webinar Formats

**For groups up to 10:** Presented in video conference format, with participants visible to each other on the call. This allows for discussion and interaction among participants during the session.

**For groups over 10:** Webinar content is presented by our consultant with a question-and-answer or other interactive exercise. Participants are not visible on the video conference.



### Webinar Menu

The webinars listed below are presented in a series of 3 modules, allowing time for absorption and practice between sessions. Each module runs approximately 45 minutes, which includes the use of handouts and exercises to bring the presenter's content alive for your audience. Live sessions can be recorded on request, to allow for follow up by paid participants.

#### Camera Ready

Learn how to present yourself effectively on a video call. Includes tips on managing your space and setting, enhancing your physical demeanor, voice and posture, plus best practices for establishing a poised and polished presence utilizing your computer camera. Camera Ready sets the foundational skills for anyone participating in video conference calls.

#### Taking Charge of Your Own Well-Being

It's easy to overlook or minimize the signs of stress in yourself or others when you're managing many multiples. In this webinar series, first you'll utilize our **Burnout Barometer** to assess how you and your colleagues are dealing with today's pressure and changes. You'll learn ways to maximize your energy and bring more balance, ease and joy into your life. This series is appropriate for anyone who wants to improve their overall well-being and is essential for managers who want to set the tone and lead the way for others during times of increased pressure or change.

#### Establishing Your Leadership Brand

Learn what a Leadership Brand is, how it is formed, why it's so important, and how to take more conscious control over your own brand as your career evolves. This webinar series is appropriate for individual contributors, emerging leaders, and established leaders who are interested in refining their own brand or mentoring others.

#### Becoming a Conflict Hearty Leader

If you lead people or projects or are a member of a work team, conflict is an inevitable part of doing business with others. In this webinar, you'll gain greater perspective on the landscape of conflict, learn advanced communication skills to sort through your own conflict situations, and come away with more ease and effectiveness when it comes to dealing with people during conflict.

#### Poise Under Pressure

What causes some people to crack under pressure, while others hold their balance and remain poised? In this webinar series, you'll learn about personal energy management and alignment, as well as what strengthens or weakens these. We'll discuss tips to stay solid or to recover when you're facing a challenging person or situation. You will come away better able to recognize your own reactive triggers (or those of others), and proactively strengthen your own "Holding Power." Appropriate for all individuals at all levels. **Note: Poise Under Pressure is a great stand-alone webinar, and is also recommended as a follow-up to Taking Charge of Your Own Well-Being.**

#### Voice Works

The sound of your speaking voice has a dramatic impact on how people receive and perceive you! You'll learn from our trained vocalists the techniques for proper voice production, and how to improve specific elements such as volume, pace, articulation, adding color to the voice, and more. Particularly appropriate for public speakers, leaders and others who interact regularly with clients and colleagues and want to be more impactful when they speak.

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### More from Our Webinar Menu

#### **Behavioral Styles and You**

In this powerful series especially for work teams, you'll become sensitized to the impact of your own behavioral style on others, and learn how to adapt your preferred approach for more ease in any communication situation with others. We'll identify ways to use Behavioral Styles awareness to improve your current team dynamics, as well as enhance persuasion and conflict management skills.

#### **Honing Your Meeting Management and Facilitation Skills**

Bring your presence and leadership to the next level by enhancing your ability to effectively manage and facilitate meetings. Key topics include: Understanding the roles and responsibilities in various types of meetings; analyzing the three Leader Styles in meetings and recognizing when to adjust; skills for facilitating more effectively, plus how to direct or redirect when appropriate.

#### **The Learning Leader**

In today's turbulent environment, leaders who are nimble and able to learn quickly are a top asset to any business. Learn the characteristics and qualities of the Learning Leader, and how to demonstrate those by incorporating key principles into your own behavior and the work environment. This webinar is augmented by our MMCo pre-workshop **Learning Leader Self-Assessment**.

#### **Embracing the New - The Personal Side of Change**

The changes in today's world are affecting individuals in all aspects of their life. Understanding the human process through change and how to self-manage are essential to thriving in this age of uncertainty. In this webinar series we'll explore why people resist change, how to recognize the symptoms, and assess the costs to doing business. You'll assess where you tend to "get stuck" in the change cycle, and learn tools to assist you to embrace the new with more ease and connection.

### Booking Your Webinar

- Each webinar module is scheduled at your group's convenience.
- As part of our initial preparation and tailoring process, our consultant will confer with your group's sponsor to learn more about the audience.
- If additional information-gathering and customization is desired, we can provide that as an enhancement.



For more information on any of our topics, or to learn how to bring our webinars to your organization, please contact [info@mariemoran.com](mailto:info@mariemoran.com).