



Power Connections®

Advancing Women

A training program in observing the curiosity within
to powerfully connect with others

Training for New Possibilities

Showing up is more than walking into the office, or into a boardroom meeting. How do the women in your organization show up in your business today? What impact are they making? What is your impact? When was the last time you looked for yourself? Do you and your organization have the skills to advance? How do you see yourself, your life, and your career?

Power Connections® Training


Professional seminar training designed specifically for *women in leadership* at all levels in the corporate environment

Explores new skills to **connect people *inside and outside*** of the organization

Creates high performance workgroups using impact training and body awareness techniques

Incorporate ongoing follow-up **Coaching Tele-Conferences** to enrich the training experience and further practical application

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About the Trainers

Gigi Sage

International author, speaker and trainer for more than 20 years on the subject of male-female business relationships. Professional coach for personal, project and career advancement.

Birgit Zmrhal

Personal success strategist, master of contact management inside and outside the organization and clarity coach helping leaders balance creativity with goal oriented work. Member European Women's Management Development International Network, WebGrrls Business Networking.

The Curriculum

Power Tools for Advancing Women

Curiosity Coaching – By first coaching how to use your own curiosity to “light” your self up and “light” up others around you to achieve the most fulfilling experience at work and in your life. This alone, creates amazing organizational attitude changes to better understand personal and team desires.

Clarity Coaching – Next, facilitators explore with participants how to clarify what you want and how to make it happen by making confident choices inside the organization.

Connection Training – Finally, training tools show how to effectively network inside and outside organization to extend your personal and professional impact.

The Curriculum

To immediately boost personal and team productivity, participants learn, practice and implement key leadership and communication skills using:

Skills

Curiosity – physical transformation of being curious

Observation & Feedback – understanding new views

Acknowledgement – focus on what works well

Receptivity – allow new ideas to emerge

Yielding – managing confrontations effectively

Techniques

Dialogue presented by two experienced coaches

Dual trainers offer multiple dynamic perspectives during session

Video Feedback

Role Play

Short Interviews

Why Curiosity?

- ❖ When you are curious, you are more invested
- ❖ When you are curious, you take more responsibility
- ❖ When you are curious, you are more aware
- ❖ When you are curious, you want to advance
- ❖ When you are curious, you are more productive
- ❖ When you are curious, you are more creative
- ❖ When you are curious, you have more fun

*Creating a curious workplace
keeps your team genuinely
interested and engaged*

The Training Program

During One Day or Two Day Sessions each participant will actively learn new skills with new eyes to:

- ❖ Effectively Communicate
- ❖ Personal Impact
- ❖ Eliminate Pressures at Every Turn
- ❖ Begin to Re-discover Curiosity in the Workplace and in their Career

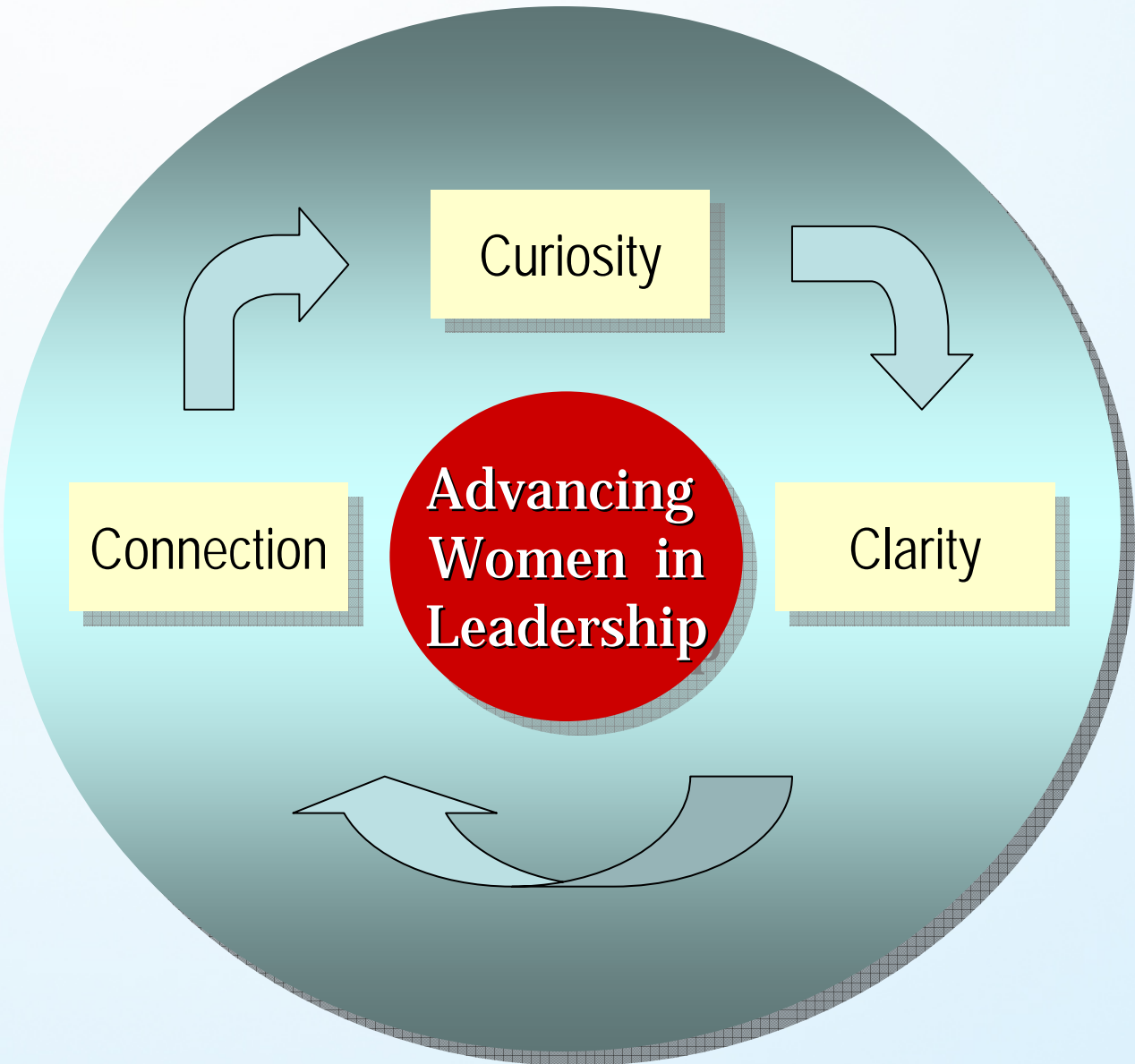
Training Techniques include:

- ❖ Instructor and Group Dialogue
- ❖ Video Feedback
- ❖ Role Play
- ❖ Short Interviews

Tele-Conferencing Follow Up:

- ❖ Monthly or Bi-monthly Tele-Conferencing
- ❖ Real-Time Issue Resolution
- ❖ Ongoing Skills Practice Discussions

Results



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Results

Better listening, better questioning

*increased career performance and
stronger cooperative teamwork*

Greater understanding of self and others

creating career path clarity

New ideas fostering individual and team growth

*increased productivity, new revenue,
and unexpected career opportunities*

Interested and engaged leaders

organizational retention

*New-found driving energy from attitude shifts,
opening eyes to new possibilities with power
tools that advance women.*

Client Feedback

“The facilitators were both very grounded and centered, with solid business experience and broad and deep understanding of work issues, gender issues, and personal issues that face women.”

VP, JP Morgan Chase

“Approximately 80 of the top women from the Houston office of Duke Energy were invited to participate in Power Connections® Training. Within six months, over 50% of the women were promoted. Many of these women would not have been considered for the jobs they moved to without the change in attitude that came from doing [this] work...allowing the shift in thinking to get results in personal career management.”

Manager, Duke Energy

“I use the acknowledgement tools again and again.”

IT Manager, Shell USA

“The class provided concrete actionable skills to develop and cultivate relationships. They were presented in a way that will allow us to use the information learned immediately and repeatedly.”

Manager, Avon Products, Inc.

Why use Power Connections®?

Initial Seminar to launch training face-to-face

Compliments current performance management efforts

Uncover hidden strengths already inside your organization

Gain knowledge how by making even the smallest shift in communication can translate into huge results for the organization

Bring employees together for a different kind of organizational effectiveness training, focused on **curiosity**, **clarity**, and **connections**

Tele-Conferences for post-follow up

No travel costs

No loss in productivity due to travel time

Real-time issue resolution

Constant contact to check in more often

Easily integrate Tele-Conference into daily schedule

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Why use Power Connections®?

Tele-Conference Coaching

Use Power Connections® facilitated ongoing telephone coaching for individuals or teams for:

- Continued Training
- Guided Team Discussions
- Connecting Teams
- Project-based Initiatives

Create a constant environment for teams to stay connected

Next Steps

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