



WORKSHOPS INFORMATION

Blue Heron Coaching runs workshops for professionals in leadership roles.

Lily Murphy
BLUE HERON COACHING



FOR MORE INFORMATION CALL +353 (0)87 634 9664 OR
EMAIL LILY@BLUEHERONCOACHING.IE

CONFRONTING SELF-DOUBT

LEARN STEPS TO TAKE BACK CONTROL

Self - doubt causes lack of confidence and sabotages our ambitions to achieve.

1

Identify the self-sabotaging thoughts that prevent you achieving your goals.



2

Judge the validity of those self-sabotaging thoughts.



3

Identify new and more positive ways of thinking that will support success.



**I now know...
I now can...
I now will...**



COMMUNICATE SIMPLY AND POWERFULLY

LEARN 3 KEY ESSENTIALS

Poor communication can lead to a culture of mistrust and confusion.

Communication is about 3 key essentials:

1

a message is delivered.



2

the message is received.



3

the message is understood.



Poor communication is the biggest barrier to effectiveness in most organisations.

Learn how to communicate Simply and Powerfully.



Correct Action

AVOIDING OVERWHELM

WHAT EVERY MANAGER NEEDS TO KNOW

When the team leader is overwhelmed, the team lacks focus; direction. Staff become demotivated and a culture of negativity develops.

Avoid overwhelm by developing these key skills:

1

Prioritising the important issues.



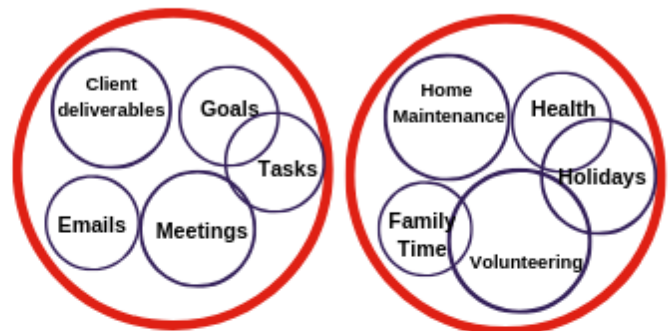
2

Delegating Effectively.



3

Managing your boundaries.



Learn how to be more grounded and focused on the important issues so that you get better results with less stress.

DEVELOPING A HIGH PERFORMANCE TEAM

LEARN KEY SKILLS FOR DEALING WITH CONFLICT

When a team is not working well together, results are poor and productivity reduces. Leaders have to develop skills to improve team performance.

1

Create trust.



2

**Deal openly and effectively
with conflicts.**



3

**Create culture of
accountability.**



**Learning these key skills
enables leaders to develop a
cohesive highly effective team.**



MANAGING CHANGE

THE HAMBURGER APPROACH

Poor change management can cause miscommunication, decrease in productivity and staff anxiety.

1

Where are we now?



2

Where do we want to be?



3

How will we get there?



Learn to use the simple hamburger approach which equips managers with an effective approach to supporting staff in achieving desired improvements.