Leap to Success

leaptosuccess.org

LEAP TO CONFIDENCE®
FOR HELPING PROFESSIONALS

- **Are you stressed, overwhelmed, and close to burnout?**
- **Do you wish you had skills and tools to thrive at work and at home?**
- **Do you want to feel more empowered and effective in your role?**

Leap to Confidence® for Helping Professionals is a fee-based six-week program offered in weekly 2-hour sessions via Zoom with practice opportunities to apply in your professional and personal life.

In this powerful program, you will:

- Develop new habits to better manage stress and cultivate a resilient mindset.
- Transform negative self-talk and limiting beliefs with positive thoughts and actions.
- Improve communication skills with colleagues, supervisors, and individuals you serve.
- Develop effective strategies when faced with an upset person or conflict situation.
- Present yourself more effectively and confidently.

For questions and to bring this program to your organization, please contact Trisha Stanford at patricia@leaptosuccess.org / 980-766-8835.

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Program Details

Dates: Thursdays,
Oct 17 - Nov 21, 2024
Time: 10 am - 12 pm PT
Format: Zoom

$295 Early bird
$375 Regular price

REGISTRATION NOW OPEN!

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Each Powerful Session of Leap to Confidence for Helping Professionals Gives You New Tools and Skills!

Session One: Developing New Habits

In this session you will:

- Experience the sense of empowerment that comes from changing the words you use.
- Identify what causes stress in your life, recognize how you react to it and learn new stress management techniques.
- Make empowered choices to create healthy new habits.

Session Two: Connecting with Yourself and Others

In this session you will:

- Recognize the value of using words to enhance your belief in yourself.
- Develop and use relationship-building skills.

Session Three: Interpersonal Communication Skills

In this session you will:

- Use empowering language to project confidence.
- Recognize how your emotions impact your communication.
- Develop strategies for effectively managing conflict.

Session Four: Presenting Yourself with Confidence

In this session you will:

- Recognize the different communication styles and explore the power of assertive communication.
- Identify coping strategies to minimize the impact of stress when speaking or presenting.
- Acknowledge the elements that contribute to your success.
- Develop a strategy to present yourself with more confidence.

Session Five: Resilience and Growth

In this session you will:

- Recognize and share positive lessons learned from facing adversity.
- Acknowledge and articulate your personal positive qualities and strengths.

Session Six: Leaping to Success

In this session you will:

- Recognize and share how you have grown since starting the program.
- Reflect on how you will use the skills you have learned with your colleagues, supervisors and individuals you serve.
- Demonstrate public speaking skills.

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