



## RESPOND NOT REACT: HOW TO BE IN YOUR POWER AS A LEADER

with Dr. Sharon Melnick

Complimentary to IMS Members (US) per person

VIRTUAL SESSION (1-HOUR)

## RESPOND NOT REACT: HOW TO BE IN YOUR POWER AS A LEADER

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Despite your good ideas and performance, you may feel unheard, or unable to make the impact you're hired for. Other people's actions might get under your skin or make you react defensively. Then you might rehash the situation all day, wasting your valuable time and energy.

How you show up in those moments determines the quality of your leadership, and your life. Learn to respond powerfully with intention instead of react personally with emotion. Enjoy being 'in your power' - the leader who sets the temperature in the room and moves interactions forward.

During this program learn how to do the following:

- Stay calm, confident, and concise instead of taking things personally
- Recover quickly from reactions so you stay connected to your purpose and the mission of the organization
- Neutralize the negative effects of others on you
- Be the positive leader who sets the tone for everyone on the team
- Engage difficult people to willingly resolve joint problems

Professionals have used these approaches to accelerate promotion, improve the culture on their teams, and be the steady presence who leads career-high wins. Because a leader in their power raises everyone around them!

# DR. SHARON MELNICK

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Sharon Melnick, PhD is the premier expert on being in your power as a leader, and an authority on women's leadership, resilience, and power. She's been selected as a Marshall Goldsmith Top 100 Executive Coach, and voted a Top Leadership Voice by LeadersHum.

Her methods are informed by 10 years of research at Harvard Medical School, and field tested by 40,000 coaching/training participants at over 75 Fortune 500 and fast-growing companies. A dynamic speaker, her presentations have created buzz at conferences worldwide (and also at the White House, West Point, and the United Nations).

She is the best-selling author of a new book *In Your Power: React Less, Regain Control, Raise Others*, and her prior one titled *Success under Stress: Powerful Tools to Stay Calm, Confident, and Productive when the Pressure's On*.

She's a sought-after Executive Coach for women executives/entrepreneurs who are results drivers and change agents. And she's the Founder of the Next Level Leader initiative, a program which has a 92% success rate at advancing and retaining high potential female talent and delivers over 1000% Return on Investment to the organizations that invest in them.

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