



EMPOWERING WOMEN LEADERS: REACT LESS,
REGAIN CONTROL, RAISE OTHERS
with Dr. Sharon Melnick
\$395 (US) per person

VIRTUAL SESSION (3-HOUR)

EMPOWERING WOMEN LEADERS: REACT LESS, REGAIN CONTROL, RAISE OTHERS

This program is designed to empower women leaders with essential skills to navigate the complexities of leadership with grace and effectiveness. A core objective of the program is to teach participants the art of intentional response to challenging situations, enabling thoughtful approaches rather than emotional reactions. This ensures your actions align with your leadership goals and bring others along toward win-win solutions. The program also places great emphasis on developing the ability to quickly recover from emotional reactions - rather than rehash or ruminate on them - fostering mental well-being and preserving focus on one's mission. Participants will cultivate resilience, increase their ease to lead with confidence, and to have higher quality and more recognized contribution with less effort.

DR. SHARON MELNICK

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.

TOPICS COVERED

INTENTIONAL RESPONSE VS. REACTIVE BEHAVIOR: LEARNING HOW TO CONSCIOUSLY RESPOND TO SITUATIONS RATHER THAN REACTING IMPULSIVELY.

EMOTIONAL RESILIENCE AND RECOVERY: STRATEGIES TO QUICKLY RECOVER FROM EMOTIONAL REACTIONS, MAINTAINING MENTAL WELL-BEING AND FOCUS ON ONE'S MISSION OR GOALS.

SELF-TRUST AND CONFIDENCE: BUILDING SELF-TRUST TO AVOID SECOND-GUESSING DECISIONS AND REDUCING THE CONCERN ABOUT OTHERS' OPINIONS.

DEALING WITH DIFFICULT PEOPLE: EFFECTIVE METHODS FOR ENGAGING WITH CHALLENGING INDIVIDUALS AND FINDING MUTUALLY BENEFICIAL SOLUTIONS TO CONFLICTS OR PROBLEMS.

FOR REGISTRATION PLEASE CONTACT: **Mark Jesty** - IMS Regional Director - Toronto

Phone: **+1 (905) 449-8787** Email: toronto@ims-online.com Website:

<https://ims-online.com/leadership-development/Toronto/26>