



Three Dog Coaching

Who Leads ? You or Your Lizard Brain ?

The intention

In these workshops we will be exploring a number of the ways in which you lead or might be led. It is important for any leader to have and to demonstrate personal leadership. The purpose of the workshop is to raise awareness of some of the ways in which you may habitually think, respond or react which will shape and oftentimes limit your capacity for taking action and stepping up in a way which is more authentic or more aligned with who you are. While the workshop will highlight some of the less useful behaviors and hopefully encourage you to subtract these from your repertoire, you will be offered multiple opportunities to discover and to experience practices that support your personal leadership capabilities. You will internalize ways of behaving and responding that will broaden your capacity to rise to challenges, to reframe situations from the negative to the positive and provide rocket fuel to your desires to have positive impact in your communities and worlds.

The Six Week 1.5 hr. weekly Workshops will cover the following:

1. Getting to know your various minds

This initial session sets the stage for you to explore some of the ways in which see, experience and think about the world.

What are your default thinking styles ?

How flexible are you as a thinker and problem solver ?

We explore assumptions and values.

2. Voices of authority and resonance

This workshop offers a real change of pace and asks you to go on an inner journey and doing some heart searching. The result you leave with some powerful fuel and material you can continue to develop. And we can't give the game away about what'll happen in this session but it's had proven success !

3. Meeting and defeating self-saboteurs and other gremlins

A fun-packed session, really, like Sherlock Holmes you'll go Gremlin hunting with a deerstalker and magnifying glass. Gremlins, or those negative inner voices, can be hard to winkle out. Leave the session with more awareness and with skills, tools and strategies for managing negative self-talking and internal trip wires.

4. The Choreography of Choice

Being at choice gives you power and perspective on any situation. You feel more able to tackle challenges, more in the driver's seat and more decisive. This session will explore

various ways to develop new perspectives and to find ways to be at choice. The session links back to some material in Workshop 1 and work on creative and lateral thinking. You will leave with some strategies to implement to get you out of deadlock and into places of curiosity and hunger for something interesting.

5. Relationships or targets ?

We spend time exploring the importance of other people and holding bigger perspectives. We explore how our goals and plans fit with others. We explore ways to be more able, agile and impressive in sharing our visions with others.

6. Vision Boarding

This culminating segment brings together some of your skills and insights. After some practical exercises we move into the process of beginning your Vision Board. This is a powerful and visual way of holding what is important to you, they are a powerful visual reminder of what you want for yourself, for others, in your worlds and in the world. It is a concentrated process of focusing on, unearthing and projecting outwards what is essential and important.

Activities will draw on neuroscience, coaching and positive psychology. We will use a variety of tools, techniques and ways of exploring during the six weeks you'll be active and engaged throughout.