

Newberry Executive Coaching & Consulting, LLC

Presentations and Workshops

RECENT PRESENTATIONS

Gulf Coast HR Symposium

Topic: Coaching as a Strategic Tool to Drive Business Results
May 20 and 21, 2009

Greater Houston Women's Conference

Greater Houston Women's Chamber of Commerce
Topic: Building Your Leadership Brand
April 15, 2009

Mentor Training Session for WEN Mentoring Circles

Women's Energy Network (WEN)
April 9, 2009

Women in Business Leadership Conference

University of Texas McCombs MBA Program
Topic: Women in the Workplace
February 20, 2009

January 2009 Society of Women Engineers Meeting

Society of Women Engineers
Topic: Professional Imaging - How to Project Yourself to a Much Larger World
January 20, 2009

SAMPLE PRESENTATION/WORKSHOP TOPICS

Giving Your Productivity an Energy Boost

Many of us deal with rising demands by putting more hours into our days, which can lead to burnout. This session focuses on how to get more done in the same amount of time by managing the energy you need to get better results, at home or at work. We will start by using a self-assessment tool to help you understand how well you are managing your energy and where you have opportunities to make impactful changes. We will also discuss strategies to boost your energy and successfully tackle those "must do" energy-draining activities. This is an interactive presentation that you will walk away from with some tangible actions that you can start implementing right away to get better results.

Getting the Right Work Done

Through a series of interactive exercises and tools, this workshop will help you learn how to be more productive and get the results you want. Specifically we will review how to:

- Spend time on important work, and avoid being consumed by a never-ending list of "urgent" tasks
- Create to do lists that actually help you get results
- Maintain the energy you need to make progress, and avoid burnout
- Better leverage the resources you have at your disposal
- Keep the "monkey off your back" by not taking on responsibilities that should lie with your direct reports

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Maximizing the Power of Your Existing Network

Have you looked right under your nose to see who you already know that might be able to help? Often we overlook the resources we already have available to us and focus more on trying to identify new ones. What simple strategies can you use to harness the power of your current contacts, to support your career goals or expand your reach in your job search? This session will help you better understand how you are asking others for help, and what you could do to make it easier for them to do so.

Building Your Leadership Brand

You already have an image – the question is whether it's the image you want and need to be effective. Do you intentionally focus on developing your brand? People will make assumptions about you in the absence of solid information and frequent communication. So, your image can be an asset or liability. This session will help you develop your image in a way that serves you as a leader and helps you be more successful in your job.

Tastefully Tooting Your Own Horn

Are you someone who believes your good work will speak for itself? Are you someone who can't stand to be around a schmoozer? Well, you're not alone. However, there is a way to tastefully promote yourself and highlight your contributions. This session will help you generate ideas that align with your values and professional style, while getting you the recognition and visibility you deserve.

Building a Network to Support Your Success

One of your most valuable assets is your network. When was the last time you really took a hard look at it, and developed some key strategies to make sure it is aligned with your personal and professional goals? This session will share key research on what distinguishes high performers from others, as it relates to their networks, and will give you ideas about how you can strengthen your network.

Work/Life Choices

Work/life balance is a misnomer. The term itself implies that the two are totally separate, and can and will be in balance at some point. I would argue that it is really about making work/life choices that fit with your goals and priorities. This session will provide you with tools to help you clarify your values, set boundaries, and make the work/life choices that make the most sense for you.

Leading with Emotional Intelligence

The higher you are in an organization, the more critical Emotional Intelligence (EI) is to your leadership success. EI is a key part of what differentiates star performers from other performers. It involves understanding and managing yourself and your emotions and understanding and managing others and their emotions. This session will provide a brief overview of emotional intelligence, introduce a self-assessment tool you can use, and provide practical tips to enhance your emotional intelligence to get better results.

Leveraging Others More Effectively

Do you wish you had more hours in the day to get your work done? Even better, do you wish you could hand off work to others and be assured that it would actually get done in the way that you want? Do you often tell yourself, "I'll just do it myself. It will be quicker and easier."? This session will help you assess how effectively you are delegating today, and the five key steps to make sure that what you delegate meets or exceeds your expectations when you see the end result.

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MBTI Workshop

This workshop uses the Meyers Briggs Type Indicator (MBTI®) as tool to help participants better understand how they:

- Get energized
- Gather information, and the data they prefer
- Make decisions
- Approach daily challenges

Through this interactive workshop, participants work with their own MBTI® assessment results to improve their self awareness. They also participate in exercises to help them better understand how to work more effectively with others with different MBTI® types (e.g., to enhance their communication style, approach to conflict resolution, etc.).