

Leadership and Coaching Presentations

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Looking for a speaker for your next meeting or event? I am an executive/business coach, speaker, trainer and workshop facilitator. My specialty is presentations on leadership, communications and coaching.

WHAT ARE CHARACTERISTICS OF LEADERS AND HOW CAN WE DEVELOP INTO EFFECTIVE LEADERS?

Do you have the characteristics of a leader? Leadership is a challenge and knowing the characteristics of good leaders can enhance your skills and prepare you to be the one people are "willing" to follow. This session discusses the basic characteristics of leadership, why they are important and what you can do to improve your leadership skills.

PRESENTATION OUTCOMES: Participants will participate and learn what characteristics are important.

- ◆ Learn the top four characteristics of effective leaders.
- ◆ Discover how coaching can help leaders discover their natural talents and aspirations..
- ◆ Five practices to help you improve your leadership skills.
- ◆ Learn the challenges leaders are facing .today.

WHEN WORDS ARE NOT ENOUGH

Individuals who articulate well, both privately and in front of a group, are generally perceived to be more intelligent and possesses greater leadership qualities. This session will provide you with basic presentation skills and give you simple ideas to become an effective speaker. This session also includes exercises on the importance of effective communications and speaking off the cuff.

PRESENTATION OUTCOMES: Participants will be learn the basics of effective communications, such as:

- ◆ The importance of effective communications
- ◆ Handling off the cuff presentations
- ◆ Overcoming nervousness
- ◆ Improving speech delivery

PUBLIC SPEAKING AND LIKING IT

Six power packed days delivered in two day blocks, scheduled to fit your needs. The program provides communications and presentation skills training for 5-10 individuals. Participants will learn in a supportive environment and deliver presentations, some of which are recorded or/and videotaped. Interactive exercises provide a fun learning environment on the importance of effective communications.

PRESENTATION OUTCOMES: At the end of the sessions participants will be more effective at:

- ◆ Delivering off the cuff presentations
- ◆ Organizing and preparing presentations
- ◆ Improve body language and vocal variety
- ◆ Developing different types of presentations.
- ◆ Preparing effective introduction
- ◆ Giving and receiving feedback



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LEADERSHIP LESSONS ARE NOT FROZEN IN TIME

In 1914 Sir Ernest Shackleton led the Endurance Expedition in an attempt to be the first person to cross the unexplored Antarctic continent on foot. What followed is one of the greatest survival stories of all time. Learn the leadership skills Shackleton possessed and how he used them to get all his men out alive after almost two years trapped on the frigid ice. Five major leadership lessons we learned from Shackleton and how they still apply today are discussed.

PRESENTATION OUTCOMES: Participants will learn five important leadership lessons:

- ◆ Ways to prepare yourself for a leadership role.
- ◆ Why hiring the right staff can help in development of an effective team.
- ◆ The importance of building team camaraderie.
- ◆ The importance of building individual talent.
- ◆ What it takes to lead effectively in a crisis.

THE ART AND SCIENCE OF COACHING

The Coaching Profession has grown dramatically over the past decade. Organizations and individuals who care about their employees are utilizing coaches to help them reach their goals and improve their quality of life. Companies and individuals hire Coaches when starting a new business, making a career transition, working toward challenging goals or simply when they are ready for a personal or professional breakthrough.

This presentation on the Art and "Science of Coaching" will provide the opportunity to learn about the Coaching profession and the many benefits it offers.

PRESENTATION OUTCOMES: Participants will develop a better understanding of:

- ◆ The definition of coaching
- ◆ The multiple benefits of coaching
- ◆ How coaching is conducted
- ◆ The four cornerstones of coaching
- ◆ Why coaching is not consulting, mentoring, therapy or training
- ◆ Understand the framework of coaching
- ◆ Tools used in the coaching process.