



Nora Plesent



P.A.V.E THE WAY: Leading Leaders

A Workshop to Empower Current and Upcoming Leaders.

Most leadership courses focus on what you have to DO to be an effective leader.

"Becoming a leader is synonymous with becoming yourself. It is precisely that simple and it is also that difficult."

-Walter Bennis

In this workshop, our focus is on BEING RATHER THAN DOING.

In this four session workshop, we will explore four pillars (P. A.V. E.) of leadership.

1. **Presence**- What does it take for you to be present? What are the barriers to being present? How does stress get in the way? What tools can we utilize to manage stress and stay calm and present?
2. **Authenticity**- Who are you when no-one is watching? What are your core values? Are you living life according to those values? What truly matters to you? When do you feel most alive? How do you make choices that feel true to you?
3. **Vulnerability**- Why is being vulnerable as a leader important? What makes you uncomfortable? What do you need to let go of? How does that vulnerability become a super power?
4. **Empathy/Connection**- Are you being empathetic with yourself as well as others? How does being connected impact your well being? How does empathy build connection? What do you do to increase connectedness?

At the end of the program, you will experience a shift in all four areas.

50 minutes on Zoom every other week for two months. The sessions are for your well-being and growth and will include discussion, reflection, meditation, journaling and sharing.