



# Inspiring Together

## Leading through Uncertainty and Into the Future

We know that you and your teams are being uniquely stretched in every way, personally and professionally. It's a lot, and we are in this together.

We have designed the following high impact series to address your greatest priorities now, while at the same time building leadership and team capability for the future. These virtually delivered sessions can be asynchronous or delivered live online to support your leaders and teams as they lead through uncertainty.

### Each session includes:

- Immediate actionable content and tools
- Discussion, Q&A, and real-time coaching
- Recording of the session

### Remote Teaming

#### Effective Remote Meetings

All the best practices of co-located meetings apply to remote meetings, but there are additional tactics that can make the most of the remote format. Complete a checklist of ways to connect and be productive remotely.

#### Remote Teaming: Building Connection

When teams work remotely, they need to dedicate time and energy to maintaining and building more connection and trust across the team. Learn and apply a specific tool to drive team building meetings.

#### Deliberately Designing + Communicating Work Plans

It is critical when working remotely to maintain productivity and fulfillment in your work. You can counterbalance chaos and isolation by designing and communicating a weekly work plan based on your strengths, priorities, connections to others and sequencing of activities.

### Inspired Leadership through Uncertainty

#### Leading through Change

The experience of change and uncertainty launches us into a series of complex thoughts and emotions. Learn a framework for understanding the different emotional stages we pass through and how best to navigate them for yourself and for those you lead.

#### Leading with Impact

More than ever, in times of crisis, chaos and ambiguity, leaders need to activate inspiration for themselves and others. Use a framework to design a strengths and purpose-driven leader impact plan.

#### Emotions Management for Agility and Resilience

Responding to change every day, leaders need to experience and model emotional agility and resilience for their teams. Learn and apply tools to manage and shift emotions to support rather than detract from performance and fulfillment.

### Energy, Inspiration and Combating Burnout

#### Managing Physical and Emotional Energy

Responding to and navigating change takes a lot of energy. Use three types of resets to manage energy and draw on positive emotions to promote sustainable pacing and combat fatigue and emotional hijacks.

#### Combating Burnout with Inspiration

Burnout is a real risk for all, especially as change and ambiguity continues into the future. Anchoring to purpose, progress and appreciation for yourself and your team can be an antidote to burnout. Use specific tools to focus attention on the difference your work makes, the progress you achieve, and consistently communicating appreciation across the team.

*Customized solutions are available to support you and your highest priority needs. Reach out anytime, we're here for you: [laura@inspirecorps.com](mailto:laura@inspirecorps.com).*