



## **Reflexion PowerHour**

Ask yourself these questions:

- How have you spent the last hour of your life?
- Was it life changing?
- Did you learn something new?
- Did it help you to see your challenges and opportunities from a new perspective?
- Did you reflect deeply on what you do and why you do it?
- Did you come away energised and ready to take action?

If the answer was No to any of those questions and you would like it to be a Yes, you could benefit from the Reflexion PowerHour

The Power Hour is one to one focused learning tailored to your unique context and what is important to you. It is an investment, in you, your team and your organisation.

Delivered by an experienced leadership consultant or coach usually over the phone - these sessions are an excellent use of time and resource

**What's different?** Depth, Energy and true tailoring

Reflexion PowerHour Themes include:

### **Stress busting**

Stress in the workplace is a huge problem, leading to long term absence and unhealthy environments

Immerse yourself in an hour packed full of strategies for stress busting as well as interactive activities to try. It will be hard for you not to come out relaxed and ready to face the day.

### **Authenticity**

A common derailer for leaders is the feeling they need to wear a mask to work or act against their values. This Exploration of what it means to be an authentic leader will be a safe space in which to cocoon yourself in order to ask those difficult questions: What would it mean for me to be truly authentic?

### **Reflection**

Submerge yourself a reflective hour. An opportunity to distance yourself from tasks in order to think strategically and long term. This in depth session encompasses experiencing reflection, trying new techniques and understanding the value of this practice.



### **Powerful Questioning**

How is the communication in your organisation, are there many miscommunications and misunderstandings? Transform conversations with powerful, incisive questions, using clean language. This practical session will enable you to embody a new way of communicating with colleagues.

### **Self Knowing**

Know thyself! Becoming self aware leads to more honest, open and productive communications with colleagues and a more honest appraisal of your own, teams and organisations strengths and development areas. A framework to help you do this will be introduced and interactively explored.

### **Big picture**

Seeing the wood for the trees. You will delve into looking at your team or organisation systemically in order to gain insights to where change needs to take place. Be prepared this hour will engage you creativity.

### **Ambiguity**

What do you focus on in a time of change? How do you navigate when things are beyond your control? How do you keep your team together. Living and working in turbulent times requires individuals, teams and organisations to have an ability to ride the waves without sinking. This session explores in an expansive way how YOU might do that.

### **Information Overload**

Having difficulty coping with the plethora of information coming at you from all angles, emails, internet, phone calls, letters and having difficulty digesting this information and prioritising. This highly practical session will give you a tool kit of approaches to take back control.

If you are interested in a PowerHour on another topic, please let contact us so that we can discuss your requirements, we can usually help.

PowerHour's can be booked singularly or as a series of topics.