



AMBER TREVASKIS BLOOMER

EXECUTIVE LEADERSHIP COACH AND
CERTIFIED DARE TO LEAD™ FACILITATOR

LUNCH AND LEARN OPPORTUNITIES 30 Minute Sessions for Individuals or Groups Designed to Increase Productivity and Positivity

Skill based sessions to equip employees with tools to re-invigorate themselves and their teams, moving them from an arena of stress and potential disengagement to a field of clarity, focus and productivity.

OPTION 1

How to stay calm and focused so you can make powerful decisions and be a strong team player and / or leader. Deliberate, calm and considerate leaders lead well.

Learn how to identify when tensions are rising and anxiety is creeping in before it becomes a potential problem for you and/or your teams.

OPTION 2A

How to minimize stress, so that you can maintain clear communication and be decisive even during stressful situations.

Attendees will learn about different stress reducing techniques, so they can implement positive healthy changes in all areas of life.

OPTION 2B

Hands on workshop to support attendees in creating their own personal blueprint for stress reduction.

Having considered the options presented in Option 2a, you will be able to create your own practice for stress reduction which will include consideration of obstacles and opportunities.

OPTION 3

How to communicate with your team in ways to motivate and inspire them to take action, despite the difficult circumstances we currently live in.

Identify how to be clear with your message, your direction and desires for the team, projects and individuals. Learn skills that will enable others to hear you more clearly so everybody can execute with precision.



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OPTION 4

3 Tools to improve productivity in meetings

Learn how to make sure that everyone leaves meetings with clarity and understanding about the precise action items required.

OPTION 5

Introduction to the Positive Intelligence program

Positive Intelligence is a mental fitness training program that teaches participants to grow the three core mental muscles that are essential to thriving in challenging times. This program improves the level of peak performance that's achievable, it creates peace of mind / positive wellbeing, and improves healthy relationships and team leadership.

OPTION 6

Introduction to Brené Brown's powerful leadership program 'Dare To Lead™'

To encourage daring and powerful leadership, we need to teach the skills for being brave and courageous as leaders. Brené's extensive research shows us how this can be done. Learn the key concepts of this brave and courageous research-based work.

OPTION 7

Time Management and Staying Focused

Ever find yourself in a spot where you realize you have been futzing for the last couple of hours, and yet you have an important report to write? Learn techniques for managing your time productively and for staying on-task and focused for as much of the day as possible.

OPTION 8

5 steps to setting goals in manageable, detailed and attainable ways so that you can feel organized and less stressed.

Learn how SMART goals - even for more nebulous tasks - can be beneficial for both work and personal life. Attendees will start to create an outline of their own SMART goals that they can take away and expand on. This goal outline will allow attendees to become more productive and less stressed.