

# Leadership Webinar



Remove Hidden Obstacles To Your Success

**PROJECT**insight<sup>®</sup>

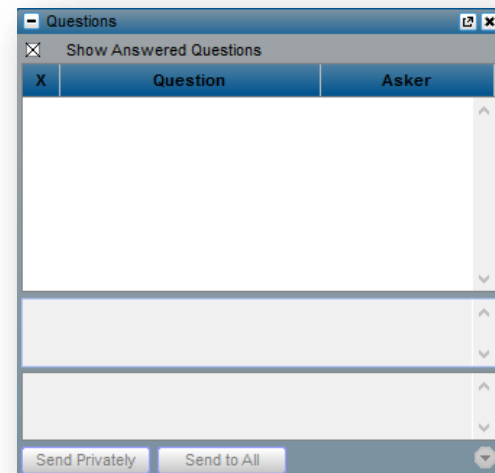
Project & Portfolio Management Software

Initiate Project Intelligence<sup>®</sup>

# Things to Know...



- All participants will be on mute
- Questions are welcome
- Use the question box to ask questions
- May be valid for PDU credit under Education:  
Online or Digital Media
- We do not mail out PDU certificates
  - Webinars and PDUs in Project Insight Community



# Moderator



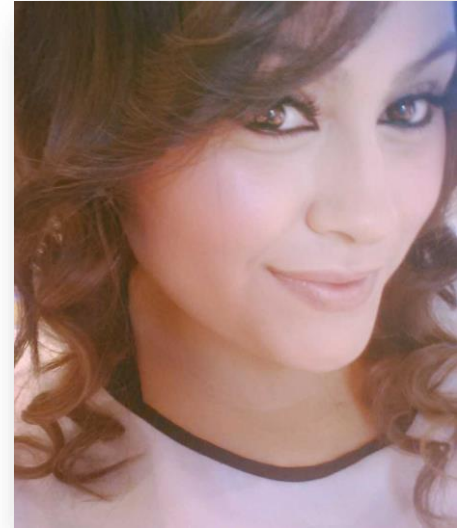
**Denise Rodriguez**

Project Insight

*Marketing*

[Denise.Rodriguez@projectinsight.com](mailto:Denise.Rodriguez@projectinsight.com)

[www.projectinsight.net](http://www.projectinsight.net)





Schedule a customized demo today!

- +1 (949) 476-6499 x3
- [info@projectinsight.net](mailto:info@projectinsight.net)
- Request info: [www.projectinsight.net](http://www.projectinsight.net)

# Presenter



## Remove Hidden Obstacles to Your Success

*Empowering Peak Performance through  
Communication, Collaboration, and Innovation*



Coach, Professional Speaker



# At the end of this webinar...



You will be able to:

- Understand the four energy blocks
- Reveal hidden blocks and obstacles that stand in your way
- Take action steps to remove the blocks



# Poll Question



## Who is on the phone?

- Executive in Corporate America
- Project Manager
- Manager with Direct Reports
- Team Member
- IT



Other – Type in chat box



## Today I am Taking Calls – Raise Your Hand

- Get Your Questions Answered Live
- Or Type Your Question in the Chat Box

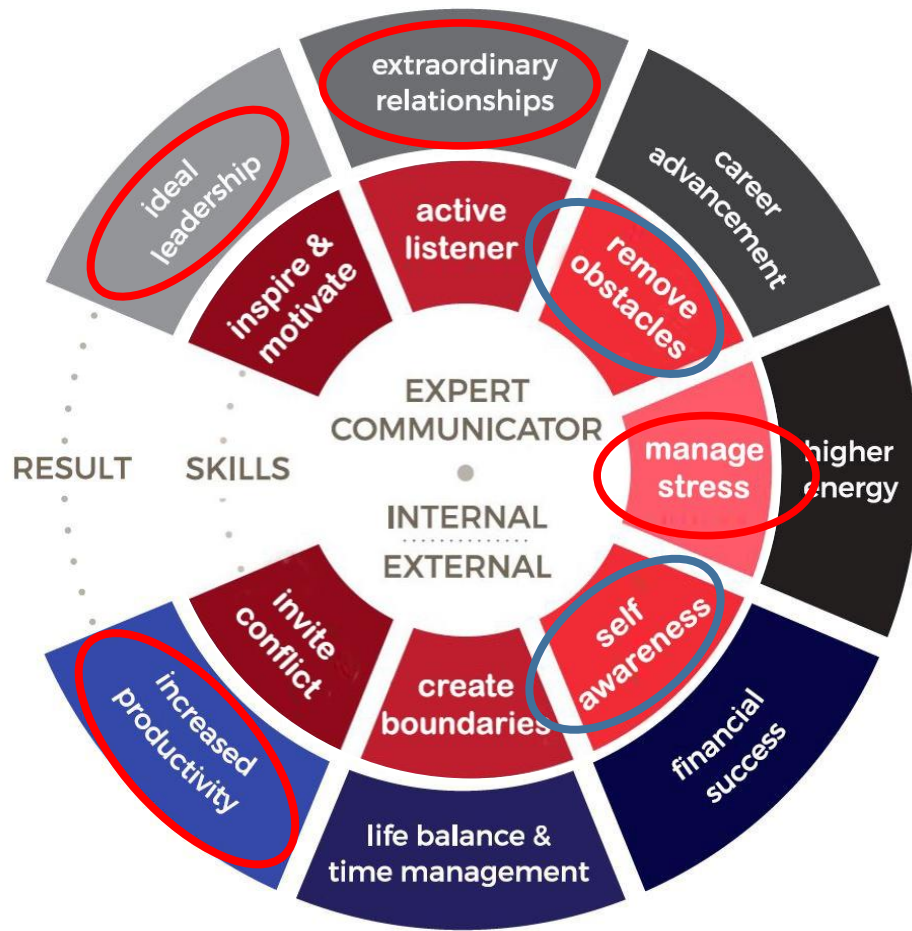


(Must Be In A Quiet Place Preferably On A Land Line Or In A Strong Cell Area)

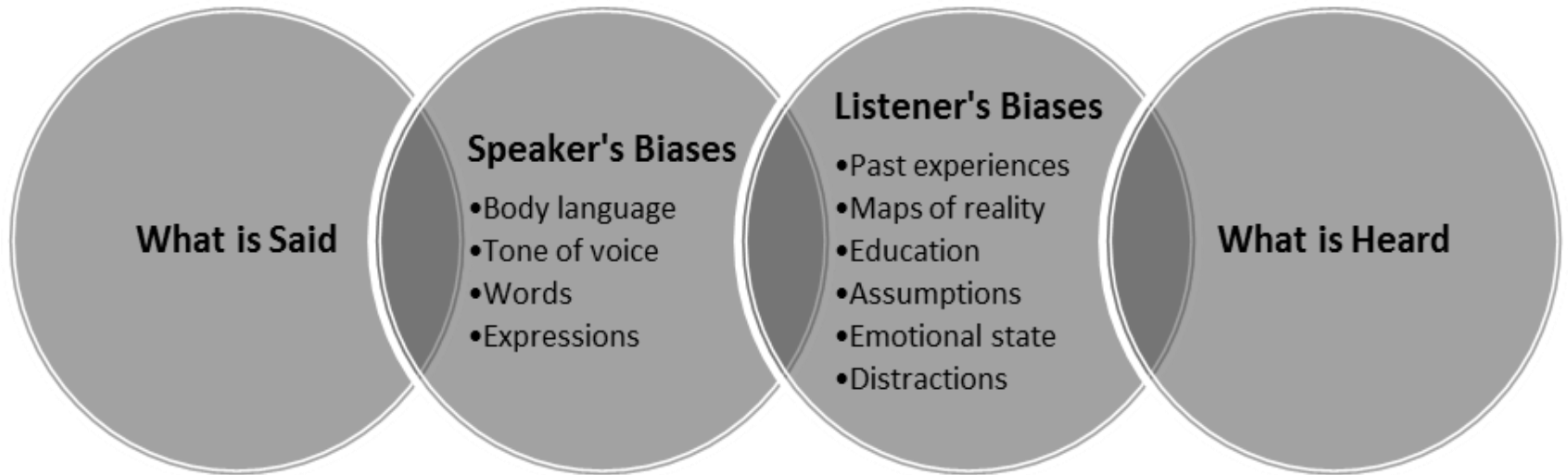




# How Do You See Yourself & Others



# What are your filters?



# The Big Four Energy Blocks



## Limiting Beliefs

Something that you accept about life, about yourself, about your world that limits you in some way

## Assumptions

An expectation that, because something has happened in the past, it will happen again

## Interpretations

An opinion or judgment that you create about an event, person or experience and believe to be true

## Gremlin

Tells me I am not good enough



# Limiting Beliefs



Something that you accept about life, about yourself, about your world that limits you in some way

**What thoughts come up for you when....**

- You hear there is a job opportunity/promotion available in your company and it pays \$25k more?
- Your friend asks you to take a big trip to your dream destination which will last for three weeks?



# Assumptions



An expectation that, because something has happened in the past, it will happen again

## What assumption do you make when...

- You tell someone at work something confidential and it comes back to bite you
- You assume if someone HAS NOT delivered in the past they will not be reliable again



# Interpretations



An opinion or judgment that you create about an event, person or experience and believe to be true

## What interpretation do you make

- Your boss says I want to see you in my office **FIRST THING ON MONDAY!!!**
- After several attempts, you do not get a return phone call from your boss, client or friend



# Inner Critic/Gremlin



Tells me I am not good enough

**What do you tell yourself?**



© 2016 .





David's Story – Meeting

## David's Success Story

# Before

- Ready to Quit Job
- Teammates = Annoying
- Obstacles & Problems
- Challenges
- Judgement
- Control
- Resistance
- Taking it Personally
- Not Listening
- Stress & Anxiety

# After

- Change Agent
- Inspirational Leader
- Deeper Relationships
- Positive Energy
- Options & Solutions
- Understanding
- Accepting
- Appreciative
- Supportive
- Joy & Peace

# Poll Question



## Which Energy Block Most Often Causes You Issues?

- Limiting Belief
- Assumption
- Interpretation
- Gremlin









## What Do You Think My Energy Blocks Were?

*Before*

- Easy To Ride Scooter
- My Husband Is Behind Me
- Nice Helpful Thai People
- Be Adventurous

*After*

- Not As Easy As Thought
- Did My Husband Get Jumped
- Can't Trust Strangers
- Not Smart Next Time Play It Safe



# Today I am Taking Calls – Raise Your Hand

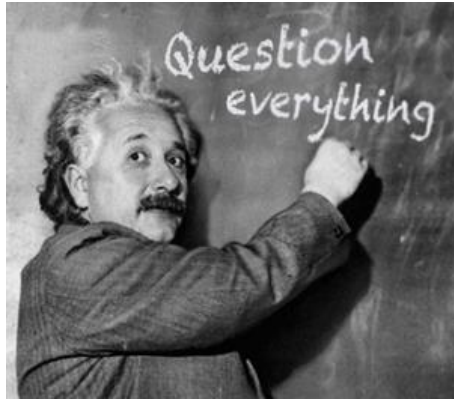
- Get Your Questions Answered
- Coaching Demo
- Or Type Your Question in the Chatbox



# Experience Changing Perspectives

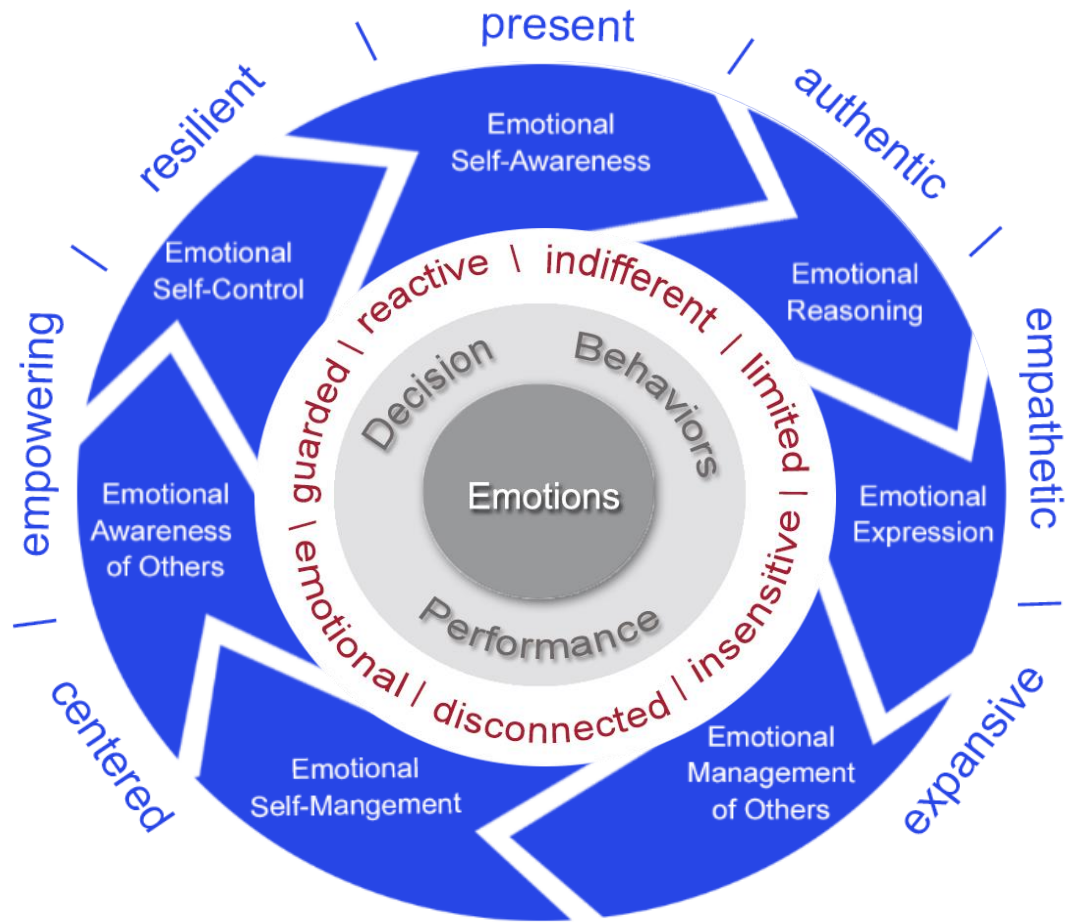


## ASK YOURSELF THE FOLLOWING QUESTIONS



1. Where did I get that idea?
2. How true do I believe that is?
3. Just because that happened in the past why must it happen again?
4. What's another way to look at this?
5. What is my inner critic or gremlin telling me?







## **“I wholeheartedly endorse her approach to coaching and consulting...”**

- Improved My Focus
- Communicate More Effectively
- Built Stronger Relationships
- Think About Life Differently
- Consider Different Perspectives
- Helped Me Through Life Changes
- Monitors My Progress



Denis Testimonial

# How Many Of You Would Like...



## To Remove Your Hidden Roadblocks & Get What You Want

- The 6 Week Leadership Program
- 7 Secrets To Successful Communication Guidebook

***Watch Your Email!***

# How Are You Going To Improve Your Self Awareness & Remove Your Blocks?





**The truth!!**  
It Isn't Easy To Change Who  
You Have Been For All These Years



# Join us!



Twitter



LinkedIn



Facebook



Instagram



YouTube



# Project Insight Community



- Sign up for more!
- Leadership
- PM Training
- IT Methodology & Agile
- Product Training
- Check out the videos

