Advanced Project Management

Energy Leadership

PROJECTinsight
Project & Portfolio Management Software
Initiate Project Intelligence®
Things to Know...

- All participants will be on mute
- Questions are welcome
- Ask questions in the question box
- PM training is valid for 1 PDU
- Must be in attendance
- PDU certificates sent by end of week
Moderator

Denise Rodriguez
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www.projectinsight.net

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Goals of the Advanced Series

- Expand your knowledge of more complex tools and techniques
- Build leadership skills to manage people more effectively
- Identify practical ways to begin using advanced techniques
- Explore other methodologies or techniques that enhance project management competency
Brenda I. Williams
Transformational Coach, Consultant and Speaker

For over 20 years Brenda has Consulted and Mentored Project Managers and Business Professionals in leadership, presentation skills, interviewing and networking techniques. Her focus is on building stronger communication skills that lead to extraordinary relationships.

As a coach it is her goal to partner with you in a thought provoking and creative process that inspires you to maximize your personal and professional potential.

Your Coaching Solution, 714-283-1186
brendawilliams@yourcoachingsolution.com
Poll:

What do you feel is your biggest block in leading your teams?

- Something you accept that limits you
- Expectation that the same result will happen
- Jumping to conclusions about events
- Thinking *I’m not good enough*
Objectives of the Webinar

At the end of this webinar, you will be able to:

- Define emotional intelligence
- Describe 4 energy blocks
- Define Energy Leadership
Learn 7 Choices to Success

...to create your life,

instead of it creating you!
Link to Handouts

www.yourcoachingsolution.com/leadership-handout
Question for YOU

What’s the first thing in your life that you would like to master or change?

Please submit your ideas through the question box
Leadership!

You Are a Leader Either By Choice or By Default

- The ability to lead
- How you interact with everyone including yourself
- The ability to influence, motivate and inspire yourself and others
- Leadership is inspiring others to pursue your vision within the parameters you set, to the extent that it becomes a shared estimate, project
Poll:

What do you know about Emotional Intelligence?

- We use the concept for our leader training
- I’ve taken an emotional intelligence assessment
- I’ve heard of it
- Don’t know anything!
Emotional Intelligence

- Emotional intelligence (EI) is the ability to identify, assess, and control the emotions of oneself, of others, and of groups.

- Conscious vs. Subconscious
Energy Leadership

- Energy Leadership is
  - The Law of Being,
  - A way to **consciously** decide how you want to view yourself and the world.
Energy

- Physical objects, including human beings, are actually made up of subatomic particles of moving vibrating energy.
- Each of our thoughts, beliefs, emotions and behaviors contributes to a specific energy pattern.
- ALL thoughts have an energetic consequence.
Perception and Reality

1. Realities are created based on our perceptions.
2. Our perceptions create our energy level.
3. Our Energy Level creates our world.
4. We gather evidence to support our realities.
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, situation, person or experience and believe to be true

- **Gremlin** – tells me I am not good enough
Question for YOU

What is a limiting belief, assumption, interpretation or inner critic that you have created that could be holding you back?

Please submit your ideas through the question box
7 Choices

Please go to handout for better visual:
www.yourcoachingsolution.com/leadership-handout
Question for YOU

Which level would be the most beneficial to use for your projects?

Please submit your ideas through the question box

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Your Energetic Profile & Reaction

This is how someone shows up when life is going smoothly

This is how someone shows up when life is stressful

Your Energetic Profile

- Level 7: 14.1%
- Level 6: 17.6%
- Level 5: 19.0%
- Level 4: 18.3%
- Level 3: 21.1%
- Level 2: 7.0%
- Level 1: 2.8%

Your Energetic Stress Reaction

- Level 7: 2.2%
- Level 6: 3.3%
- Level 5: 5.9%
- Level 4: 7.2%
- Level 3: 6.7%
- Level 2: 20.6%
- Level 1: 54.1%

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The Choice Is Yours...

**Effect**
A victim of your circumstances

**Cause**
The positive energy that inspires and motivates yourself and others

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Benefits of Using Emotional Intelligence & Energy Leadership

- Increased productivity
- More financial success
- Increased leadership ability
- More satisfaction in personal relationships
- Engagement and excitement at work
Benefits of Using Emotional Intelligence & Energy Leadership (cont.)

- Improved quality and depth of communication
- Increase in health, wellness, and spiritual connections
- Improved time management and work/life balance
- Higher energy levels
What’s Your Next Step?

- Book: *Energy Leadership* – Bruce Schneider
- Personal Assessment
- Energy Leadership Program
- One on One Coaching
- Lunch & Learn, workshops and seminars
- 12 Weeks of “Self Discovery & Growth” My Gift to You!
Next Steps

Special Promotion:

*First 10 People to contact me will get a free 30 minute coaching session*

For further discussion on how to become an ideal leader and communicate more effectively, please contact me at any time!

*Brenda I. Williams*

**CEO of Your Coaching Solution**

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Compare Yourself to Your Peers

- Want to know how you measure up to others in project management?
  - Use the link distributed to all participants on Monday following the session to **answer 10 questions** about today’s topic.
  - Receive a **summary of responses** so that you can compare yourself to your peers.
2014 Advanced Webinar Series

- The 4th Wednesday of Every Month
  - 8:00 am Pacific Time
- Topics
  - Jan – Validating Requirements
  - Feb – Using Social Networking in Talent Management (NEW!)
  - Mar – Techniques for Stakeholder Assessment (NEW!)
  - April – Managing Up
  - May – Perspectives on Agile Concepts & Techniques
  - June – Energy Leadership

- Topics
  - July – Sustainable Innovation
  - Aug – The Art of Getting **IT Done
  - Sept – Transforming Resistance into Support (NEW!)
  - Oct – Cultural Diversity Skills for PMs (NEW!)
  - Nov – Developing Risk Response Strategies
  - Dec – no webinar; enjoy the holidays!

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Register Ahead of Time

- Go to [www.projectinsight.net](http://www.projectinsight.net)

- 2 ways to register:
  - Free Project Management Training
  - Training & Webinar Calendar
Earn PDUs

- You will automatically receive your PDUs certificate via email before the end of the week.
- For further questions: Denise.Rodriguez@projectinsight.com
- Earn 1 PDU for each webinar session attended
- To register your PDUs go to www.pmi.org and login as a member of PMI to record continuing education
- Select **Category B – Continuing Education**
  - Input start and end dates
  - Hours completed: 1
  - Provider name: Core Performance Concepts Inc.
  - Phone number: 949-859-7004
  - URL: www.coreperformanceconcepts.com
  - Email address: info@cpconcepts.net
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