

CENTRE *for*
CHARACTER LEADERSHIP

Becoming Your Authentic Self at Work

Course One: *Your Character*

Six Week Online Learning Program facilitated by Kathleen Redmond, MA, MCC

Kathleen Redmond Principal, Centre for Character Leadership



Kathleen Redmond, MA, MCC, is an award winning certified Executive Coach (International Coaching Federation), MCC (highest) level, leadership trainer and author. She is the founder of the Centre for Character Leadership (1993).

With over 35 years of management experience and a passion for leadership communication, Kathleen works in the heart of industry. Her work has taken her from Istanbul to Honolulu, to factories in the south of United States as well as the oil fields of Alberta.

Her passion is to strengthen engagement and produce results through rich, authentic communication.



Treatment solutions



Emerson Impact Partner

Becoming Your Authentic Self at Work

Program Scope

The Centre for Character Leadership is offering three, six-week courses in an online learning format under the umbrella name of “Becoming Your Authentic Self at Work.” The courses are structured to be taken individually or, ideally, in sequential order.

The three courses are;

1. Course One – **Your Character**. Identifying your character (beliefs, goals, values and boundaries), speaking up and listening positively and constructively as well as receiving feedback for growth potential.
2. Course Two – **The COACH Approach©**. Using The COACH Approach© to deal with challenging issues and situations to develop a sustainable outcome.
3. Course Three – **Staying True**. Staying true to your character in difficult moments and situations. Dealing with conflict, saying and doing what you intend under challenging circumstances.

Learning Objectives for Course One – Your Character

The learning objectives for participants are as follows:

- Develop self-awareness regarding your character and intentions in the workplace
- Develop the behaviours that create trust, clarity, accountability, healthy, respectful communication, collegiality and collaboration in the workplace
- Develop your personal workplace-aspired legacy
- Develop the core skills of listening, speaking up assertively, offering and receiving both positive and constructive feedback openly and for growth potential

Becoming Your Authentic Self at Work – Your Character

Course Overview

Becoming Your Authentic Self at Work – Your Character, focuses on your own goals, choices, behaviours and results in the workplace.

The goal of this course is for you to understand what is appropriate for you, to compare your goals and values to your workplace and either develop a strategy for success or make the correct choice for you at this point in your career.

Course Scope and Deliverables

Online Learning – Your Character

- Six Zoom webinars facilitated by Kathleen Redmond
- Materials to support the learning including relevant cases
- Practice in small groups to apply skills between sessions
- Feedback from colleagues and Kathleen
- Tips and tools to remind you to apply the skills for immediate results
- An individual learning plan resulting from the program

Who should take this course?

- Individuals currently, or hoping to work in today's workforce, who choose to take a positive role in creating a respectful, healthy culture, irrespective of title.

Why should I take this course?

- The benefits in knowing yourself (increased self-awareness) help you identify and practice strategies for success.
- Self-awareness increases your ability to identify the correct workplace for you.
- The skills in this course will help you to thrive in the workplace as research tells us that working well with others is a key engagement and satisfaction indicator.

Becoming Your Authentic Self at Work – Your Character

Dates

Your Character Online Learning Program:

- September 19th, 26th, October 3rd, 10th, 17th, 25th, 2019
- 11:00 am – 12:15 pm ET

Fees – Introductory Price

- \$295.00 CDN plus HST
- Materials (field guide) included
- Course limited to 12 participants
- Register:

info@centreforcharacterleadership.com

Subject line – Your Character

Your Character – Key Content

- Your character in the workplace (leveraging your gifts, personality, goals, values and boundaries)
- Identifying your aspirational workplace legacy
- Building trust with others
- Listening skills to truly hear
- Developing the behaviours that create clarity, accountability, healthy and respectful communication, collegiality and collaboration
- Offering *Positive Feedback* for sustainable actions
- Offering *Constructive Feedback* for improvement
- *Receiving Feedback* for growth potential
- Developing your *Individual Learning Plan*