

## Leadership and Communication Styles Workshop Overview

Workshop Length:	2 hours
Audience Size:	Up to 50
Suggested Audience:	All employees
Location:	Your choice

There has never been a better time to invest in your employees' leadership skills. Leadership Austin equips organizations with the capability to navigate in today's changing environment and cultivates skills that nourish the well-being of an organization.

The Leadership and Communication Styles workshop utilizes "I Speak," a questionnaire and learning tool that helps team members identify their individual communication styles and how they can better relate to others. This understanding improves relationship dynamics in the workplace. "I Speak" is based upon the same Jungian psychology that created the Myers-Briggs personality styles instrument, with a few key differences:

- It focuses on communication style, not personality preference
- It emphasizes how individuals must take responsibility for understanding the styles of others for effective communication
- It highlights how stress patterns can change communication skill and style – even the best communicators can break down under stress. Then what?

During an interactive, two-hour workshop, participants utilize the I Speak instrument to:

- Receive an individualized personal assessment of their style
- Identify four basic communication styles, derived from Jungian thought
- Identify their own communication styles and blind spots in normal circumstances and under stress
- Diagnose and understand the communication styles of others
- Modify personal communication to improve team/unit operations
- Learn how to communicate more effectively with others

This highly interactive session is facilitated by Heather McKissick, President/CEO of Leadership Austin. Heather has more than 15 years of experience in the field of Organizational Development and Leadership Development and has delivered this workshop to corporations, non-profit and community based organizations alike.

Leadership Austin's mission is to develop and create community among leaders of all walks of life. Leadership Austin is committed to its core values of community trusteeship, inclusiveness, collaborative decision making, and personal responsibility.

Contract Programs bring leadership development services to the doorstep of Austin area businesses and community organizations, expanding Leadership Austin's reach and impact on Central Texas.



Heather McKissick is an organizational development and communication specialist with specific expertise in leadership development, change management and workgroup facilitation. Since 2007, Heather has served as Leadership Austin's President and CEO. As the former Director of Organizational Development and Education for the Seton Healthcare Network she was responsible for employee and leadership development initiatives for more than 10,000 employees across Central Texas. Prior to working for Seton, she was Manager of Technology Services' Learning and Performance at the Lower Colorado River Authority (LCRA), assisting their Corporate Services business unit develop action plans for improved employee engagement and workplace communication. She is also a former Global Communication Specialist for Motorola Semiconductor Product Sector, and the former Assistant Dean of Humanities at St. Edward's University, where she also served as a faculty member and advisor to graduate and undergraduate students.