

MINDFUL LEADERSHIP, COLLABORATION, HIGH-PERFORMING TEAMS, AND FAMILIES

This interactive and research-based training will explore effective leadership principles and engagement strategies to use in groups and to strengthen the family unit.

LEARNING GOALS AND OBJECTIVES:

EMOTIONAL INTELLIGENCE IN LEADERSHIP

- ✓ Learn the influence of Decision Fatigue and how to increase self-control in decision-making
- ✓ Understand the Yale Theory of Emotional Intelligence; learn self-awareness and self-regulation strategies
- ✓ Understand the neuroscience behind the Empty the Cup theory and the practical applications for teams and families

MINDFUL COMMUNICATION STRATEGIES

- ✓ Learn the research of effective communication in leadership development, organizational trust, and family dynamics
- ✓ Understand key collaborative norms for facilitating meetings and how to implement them
- ✓ Practice how to construct open questions for problem-solving, conflict resolution, and group facilitation
- ✓ Learn how to use three types of paraphrases in reflective conversations

CHARACTERISTICS OF HIGH-PERFORMING TEAMS

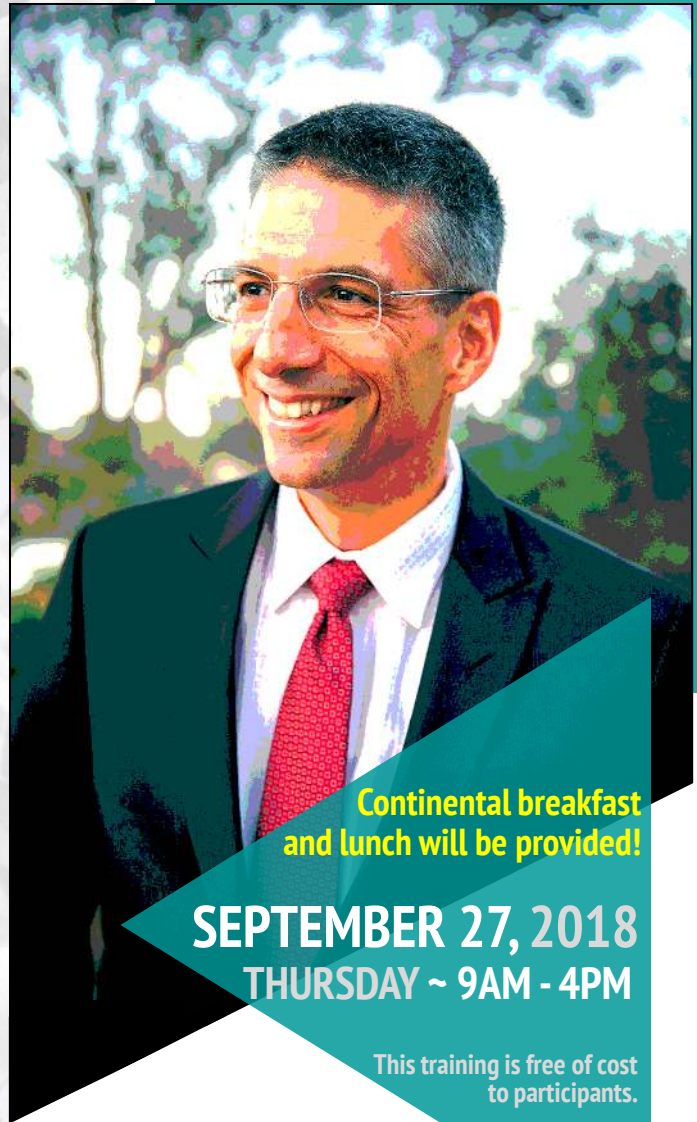
- ✓ Recognize three patterns of communication of high-performing teams
- ✓ Learn the five building blocks of high-performing teams
- ✓ Apply The Bidding Process in work and family relationships
- ✓ Understand four decision-making styles
- ✓ Identify and address the cognitive and emotional domains of collaboration in changing environments

Location: Miner's Inn Convention Center
122 E. Miner Street, Yreka

CLICK HERE TO REGISTER NOW!

<https://www.surveymonkey.com/r/DrMendes>

Questions? Please contact (530) 918-7222.



Continental breakfast
and lunch will be provided!

SEPTEMBER 27, 2018
THURSDAY ~ 9AM - 4PM

This training is free of cost
to participants.

PRESENTED BY Dr. Ernest Mendes

Dr. Mendes has a diverse professional background that includes experience as a classroom teacher, a licensed psychotherapist in private practice, an executive coach, and a professional development trainer. He holds a Ph.D. in Psychology and was one of the first to do a doctoral study on Emotional Intelligence (EI).

His book *Empty the Cup . . .* is a best seller with practical activities to build effective relationships at work and in the classroom using EI Theory and neuroscience. His most recent book, *Engage 4 Learning*, uses four main brain systems to engage K-Adult learners in educational settings.

Child care reimbursement available for adoptive parents.
Please call Leslie at (530.) 879.3861.

CEUs: Lilliput Families is approved by the CAMFT (Provider #66256) to sponsor continuing education for Licensed Clinical Social Workers and Licensed Marriage and Family Therapists. Lilliput maintains responsibility for this program/course and its content. This course meets the qualifications for 6 hours of continuing education credit for LMFTs or LCSWs, as required by the California Board of Behavioral Sciences. CEUs are free of cost and will be provided by email within two weeks of the training date.



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At-a -Glance Agenda

- 8:30 - 9:00 Sign-in and Morning Networking
9:00 - 10:00 Introduction;
Emotional Intelligence in Leadership
> Decision Fatigue and self-control in decision-making
> The Yale Theory of EI
> Recognition and Regulation strategies
> The Personal Resilience Equation
- 10:00 - 10:15 Break
- 10:15 - 12:00 Mindful Communication
> The Mindful listening exercise
> Empty the Cup theory and applications for teams and families
> Research on communication and feedback
> Seven collaborative norms
> Identifying presuppositions and constructing open questions
> Three types of paraphrases
- 12:00 - 12:45 Lunch
- 12:45 - 2:30 Characteristics of High-Performing Teams
> The MIT study and three patterns of communication
> The five building blocks of high-performing teams
> Communication BIDS at home and at work
> Four decision-making styles
> The cognitive and emotional domains of change
- 2:30 - 2:45 Break
- 2:45 - 3:45 The Structured Interview for Rapport Building
- 3:45 - 4:00 Closing Remarks

[Register Here!](#)



Continuing Education:

Therapists, Social Workers, and Counselors:

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Additional Information:

This training is free of cost. Materials, continental breakfast, lunch, and beverages are provided.

Check-in: 8:30 - 9:00am

Training: 9:00 - 4:00pm

Pre-registration is required.

Register at: <https://www.surveymonkey.com/r/DrMendes>

Cancellation Policy:

If you are UNABLE TO ATTEND, please notify Leslie Damschroder by phone (530-879-3861) or email (ldamschroder@lilliput.org) to cancel in order to allow space for other participants as space is limited.

Accommodation for Disabilities:

Training location is ADA approved. For special arrangements or accommodations to attend this training, please contact Leslie at 530-879-3861 or ldamschroder@lilliput.org prior to course date to allow timely accommodations which might include sight and/or hearing disabilities.

Grievances:

Grievance Policies & Procedures are available upon request: Please call or email at: 530-879-3861 or

ldamschroder@lilliput.org.