



*Expand your skills, invest in your team!*

## **Nature of Leading: Exploring Leadership Foundations**

**Date & Time:** February 16, 2023 at 8:30am to 12:30pm **Cost:** \$285 for this workshop

(There are two other in-person workshops in November and April. Register for more than one and receive a discount of \$535 for two or \$785 for all three)

**Location:** Higher Education Center in Medford

**Description:** Nature of Leading™ explores the foundations of leading teams, building a healthy culture, and gaining tools to support your ongoing skill and abilities development. We break down the components of trust and utilize scenarios to determine where trust transaction missteps occur. We discover why courage is essential in the workplace and our roles as leaders fostering courageous conversations. Next, we explore our values and their alignment with our organization and teams. Lastly, we round out the course by unpacking our current ways of supporting and encouraging a team wellbeing culture underpinned by our team trust, courage, and values to promote employee engagement, productivity, and thriving.

### **Learning Outcomes:**

- Identify the components of trust
- Communicate the importance of courage in the workplace
- Identify one core value
- Identify at least one way to foster team wellbeing

***To register go to [sou.edu/professional](https://sou.edu/professional)***

### **About the Presenter:**

Dr. Lucy Houghton is a registered nurse, culture and resilience researcher, and a board-certified wellness coach. She holds bachelor's degrees in Biology, Exercise Science, and Nursing, a Masters in Sports Medicine, and a Ph.D. Organizational Leadership, Health & Human Performance. She has spent the last twenty years working in healthcare in emergency services, post-anesthesia, sports medicine, and developing country community health. Her research focuses on developing antidotes to burnout, loneliness, and organizational trauma through holistic resilience, courage cultivation, and emotional competency.

