

## Drown or Surf: Riding Workplace Tidal Waves

### The Program

The ***Drown or Surf: Riding Workplace Tidal Waves*** program presents an alternative to the crisis management cycle that we are caught in at work and in our personal lives. We react to crises by panicking, triggering random activity to try to solve the problem, become exhausted and finally punish ourselves for our inability to resolve the crisis; we are left with the need to alleviate our feelings of guilt and reduced self-esteem by seeking out a new crisis. As an alternative, the Positive Cycle is a purpose-based approach that replaces panic-driven activity with planned actions that move you toward achieving your business objectives as well as your personal and professional goals. Though the application of the Positive Cycle, participants will get clear on what they are trying to achieve, they will deliver greater results and they will realize their ambitions.

### The Benefits

Participants will:

- Become aware of the crisis management cycle and how it negatively affects their ability to achieve business, professional and personal objectives;
- Understand the need to get clear on what they are trying to achieve; participants will see how establishing concise and measurable objectives can more effectively guide their work efforts and the efforts of their co-workers, resulting in stronger performance;
- Learn how roadblock removal can be incorporated into planning, thus preparing them for when roadblocks arise and reducing their effect;
- Understand how to inspire, energize and motivate themselves and others, thereby encouraging a team approach to establishing meaningful rewards for success.

Participants may opt for follow-on individual or team coaching to reinforce the learnings of the workshop.

### The Schedule

The ***Drown or Surf: Riding Workplace Tidal Waves*** program consists of a 1-day workshop for up to eight participants. The follow-on coaching program typically runs for 2 months following the workshop, but may be adjusted according to the participant's needs.