

## FALL 2024 LANGUAGE OF LEADERSHIP – DETAILED SCHEDULE

Session	Dates	Areas of Focus
Session I	September 10-12, 2024	<ul style="list-style-type: none"> <li>• Self-Awareness: Learn to become an objective observer of yourself</li> <li>• Way of Being: the impact of your language, body and emotions</li> <li>• The Power of Conversations: Practice critical conversation and open listening in 1:1 and group settings</li> <li>• How We Change: Set foundation for individualized coaching/development program</li> </ul>
Between Sessions I and II	September – November	<ul style="list-style-type: none"> <li>• Two coaching sessions with LOL facilitator/coach</li> <li>• Engage in personalized exercises and practices</li> <li>• Connect with a program learning partner</li> </ul>
Session II	November 12-13, 2024	<ul style="list-style-type: none"> <li>• Identify and address habitual reactions that limit outcomes</li> <li>• Gain insight into the nine different personality styles and how to communicate effectively with each style</li> <li>• Learn about the different ways people deal with challenge and how to address the primary concerns of each style</li> <li>• Designing exercises and practices for personal change</li> </ul>
Between Sessions II and III	November – January	<ul style="list-style-type: none"> <li>• Two coaching sessions with LOL facilitator/coach</li> <li>• Engage in personalized exercises and practices</li> <li>• Connect with a program learning partner</li> </ul>
Session III	January 14-15, 2025	<ul style="list-style-type: none"> <li>• Leadership Coaching: Learn the fundamentals and flow of how to engage in coaching conversations</li> <li>• Open Listening: How to attune to others and listen for the recurring issue beneath the coaching topic</li> <li>• Coaching Practice: including preparation and coaching sessions with peers</li> </ul>
After Session III	January – February	<ul style="list-style-type: none"> <li>• Final coaching session with LOL facilitator/coach</li> <li>• Connect with a program learning partner</li> </ul>

In-person training sessions are held at The Holiday Inn Express, 919 Kruse Way, Springfield, OR, 8:30 – 5:00 daily.