



## **“H2G Leadership Experience”**

### **Forging Trusted Leaders - Building Trusted Teams**

This leadership and team development program is designed to help organizations build, nurture, and retain meaningful and trusted relationships that drive growth, collaboration, retention and mission success. Through a comprehensive approach centered on Leadership, Emotional Intelligence, Stress Management, Conflict Resolution and Mindfulness - participants gain practical tools, habits, and healthy practices that support both professional performance and personal fulfillment. The program emphasizes the importance of trusted leadership and team behaviors while helping individuals strengthen self-awareness, emotional regulation, communication, focus, and resilience in today’s demanding workplace environments.

#### **The Five (5) areas of focus presented will be:**

Leadership, Emotional Intelligence, Stress Management, Mindfulness Training, and Conflict Resolution.

#### **Program Training will address:**

- Developing Trusted Leadership and High-Performing Team Behaviors
- Building, nurturing, and retaining trust through proven mindset and lifestyle practices
- Strengthening self-awareness, emotional intelligence, emotional regulation, and self-control
- Improving concentration, focus, communication, and interpersonal effectiveness
- Identifying, understanding, and managing emotions, stress, anxiety, and adversity
- Building resilience and the ability to adapt, recover, and thrive during challenges
- Practicing mindfulness techniques to enhance wellbeing, performance, and workplace productivity
- Learning conflict resolution tools and communication strategies that foster healthy, safe, and thriving workplace cultures
- Encouraging positive mental and emotional habits that support fulfillment, purpose, and long-term success
- Collaboratively addressing real workplace challenges impacting team culture, engagement, and performance

Forging Trusted Leaders - Building Trusted Teams is a 2 1/2 training that includes all program instruction, course training books, tools, and takeaways. Overnight accommodations, program and distinctive experiences occur at The Lodges at Gettysburg, 685 Camp Gettysburg Road, Gettysburg, Pennsylvania. This program is fully customizable to your needs and budget.