IMS



THE SUMO PRINCIPLES OF LEADERSHIP
with Paul McGee
$425 (US) per person

VIRTUAL SESSION (3-HOUR)

THE SUMO PRINCIPLES OF LEADERSHIP

In this highly interactive and practical workshop, Paul McGee will explore his main SUMO (Shut Up, Move On) principles and how they impact our ability to inspire others. His principles relate to any leader whose organization would benefit from taking a fresh look at the following five key areas; Change, Relationships, Attitude, Motivation and Stress. Building on his background in behavioral and social psychology, Paul will give us time to reflect upon our behavior and that of others and identify what hinders our effectiveness. Paul's aim is to provide a memorable, motivational, moving-on experience for delegates, which equips them with 'real world' practical ideas that they can implement immediately. Inspired by the Albert Einstein quote, The definition of genius is the ability to make the complex simple, Paul communicates in a clear and simple way, insights and ideas that are profoundly important to us as leaders.

PAUL MCGEE

Paul McGee is one of the UK's leading speakers on the subject of change, workplace relationships and motivation. His provocatively titled book SUMO (Shut Up, Move On) became an instant best seller and his book on Self Confidence reached number one in the WHSmith's business book chart and remained there for a further 24 weeks. He has appeared on BBC Breakfast television and is a regular contributor to Radio 5live. Building on his background in psychology, Paul's aim is to deliver a practical, relevant message that can make an immediate impact on people's professional and personal lives. His approach is considered both inspirational and humorous as he seeks to deliver a memorable experience that equips people with insights and ideas to increase their personal effectiveness and impact. He's spoken for over 750 organisations in 35 countries to date, and from Todmorden to Tehran and from Bradford to Brisbane, Paul's messages have resonated with a global audience.His work has been endorsed by the Elite Performance Director of the British Olympic Association, Sir Clive Woodward and his clients include blue chip organisations, public sector bodies and a leading Premiership football club.

TOPICS COVERED

INTRODUCTION

THE POWER AND IMPORTANCE OF REFLECTION IN OUR PERSONAL DEVELOPMENT AS LEADERS.

THE MINDSET OF A LEADER

WHY LONG TERM CHANGE COMES ONLY WHEN PEOPLE BEGIN TO THINK DIFFERENTLY ABOUT THEMSELVES, THEIR ROLES AND OTHER PEOPLE.
THE FOUR TYPES OF FAULTY THINKING AND HOW THEY CAN SABOTAGE AND HINDER OUR EFFECTIVENESS.
HOW TO SHUT UP FAULTY THINKING AND MOVE ON TO FRUITY THINKING.
THE POWER OF QUESTIONS AND THEIR IMPACT ON OURSELVES AND OTHERS.

DEALING WITH SETBACKS

HOW BEST TO HELP PEOPLE IN HIPPO TIME AND THREE UNHELPFUL RESPONSES TO AVOID.
DEVELOPING RESILIENCE AS LEADERS AND THE IMPORTANCE OF RECOVERY TIME.

BUILDING BETTER RELATIONSHIPS

EXAMINE FOUR QUESTIONS TO HELP YOU REDUCE CONFLICT AND BUILD BETTER RELATIONSHIPS WITH OTHERS.

ACTION BRINGS SATISFACTION

IDENTIFY FIVE REASONS WHY PEOPLE PROCRASTINATE.
APPLYING FIVE STRATEGIES TO HELP US TURN INTENTION INTO ACTION.

FOR REGISTRATION PLEASE CONTACT: - IMS Regional Director -
Phone: Email: Website: **https://ims-online.com/leadership-development//**