



FOCUS DRIVEN LEADERSHIP: CRITICAL SKILLS FOR SUCCESS

with Dr. Andrew Shatte

\$395 (US) per person

VIRTUAL SESSION (3-HOUR)

FOCUS DRIVEN LEADERSHIP: CRITICAL SKILLS FOR SUCCESS

This program is crafted to assist both current and emerging leaders in mastering essential competencies such as focus, resilience, and problem-solving. By honing these skills, participants will be empowered to maintain unwavering focus on their goals.

Drawing on the innovative insights from Dr. Shatté's pioneering research, this program provides invaluable tools to identify and navigate mental roadblocks that hinder focus and decision-making.

Unlock your problem-solving potential by adopting effective strategies for tackling adversity and conflict. This class comprehensively explores proven techniques enriched by real-world case studies. By mastering these essential skills, you will enhance your reputation as the go-to leader for resolving challenges—critical competencies that can elevate your career and support your journey toward promotion.

DR. ANDREW SHATTE

Dr. Andrew Shatte is the founder and President of Phoenix Life Academy. He is a fellow with the Brookings Institution where he facilitates programs for high-level audiences from the Department of Defense, Homeland Security, the IRS, NASA, the CIA, and all branches of the military. He served as adjunct Assistant Professor of Psychology at the University of Pennsylvania from 2000 to 2006, and was a highly decorated teacher - in 2003, he was voted the best professor by students in the School of Arts and Sciences and in 2006 he received the Dean's Award for Distinguished Teaching. Dr. Shatte has devoted his career to understanding the psychological aspects of motivation, leadership, and resilience and to developing programs to optimize human performance in a wide array of arenas - the workplace, in health, in academics, and in sports. Dr. Shatte; is co-author of *meQuilibrium* and *The Resilience Factor*.

TOPICS COVERED

BUILDING FOCUS

UNDERSTANDING THE ROLE OF IMPULSE CONTROL IN MAINTAINING FOCUS
HOW THINKING TRAPS SABOTAGE FOCUS AND PERFORMANCE
IDENTIFYING AND ESCAPING YOUR PERSONAL THINKING TRAP
CASE STUDIES: FOCUS STRATEGIES FROM INDUSTRY LEADERS

BOOSTING PROBLEM SOLVING AND WHY STYLES

UNCOVERING THE WHY STYLE THAT GETS IN THE WAY OF PROBLEM SOLVING
THE FOUR MAIN THINKING STYLES: PROS AND CONS FOR EACH
UNDERSTANDING YOUR PERSONAL WHY STYLE AND ITS IMPACT ON TEAM DYNAMICS
HOW TO NAVIGATE AND HARMONIZE DIFFERENT WHY STYLES FOR BETTER PROBLEM-SOLVING

FOR REGISTRATION PLEASE CONTACT: **Brendan Dowd** - IMS Regional Director - Saint-Louis
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