

## It's **me** time™

**Leadership is a challenge—authentic leadership even more so.** Authentic leadership means initiating and responding consistently from core values that have developed from emotions and intellect that you know and trust. Every day, experiences and interactions challenge and reward your leadership, often resulting in a different way of thinking about something or resolving an issue you may be facing. Taking every opportunity to grow and improve your leadership effectiveness and vision keeps *you* on your growing edge.

**Introducing Leadership 20—**a series of ten 20 minute Conversation Capsules™ with nationally recognized leadership coach Dr. Barbara Mark. In 20 minutes you will talk through and gain clarity about the immediate challenges facing you in your leadership position. You select from a portfolio of leadership capsules to design the package that fits best with your immediate needs and challenges, and establishes a platform for leadership growth. Or, you can build upon a specific capsule of interest or relevance to a current situation. Dr. Barbara also recognizes that sometimes you may just need to vent, and she's available to help turn that into a moment of clarity for you.

**Consider some of the many questions Dr. Barbara works with clients to answer:** How do I inspire others? How do I manage conflict? What does age have to do with leadership? How do I maintain a positive spirit in such challenging times? Where is the meaning and purpose in my leadership?

**Leadership 20** can take place wherever you are. Call from the convenience of your office, your home, while you're at the gym, from your backyard, waiting for your child to finish practice, or your dinner meeting to start.

**Leadership 20—20 minute Conversation Capsules™ with Dr. Barbara** are offered in packages of 10. Your investment in your leadership peace of mind is only \$995.00 and can be scheduled daily or weekly. To get the most out of your time, we recommend completing your capsules within 3 months.

### **Here are samples of some of our most popular Conversation Capsules:**

- What do You Want? What Are You Committed to Doing?
- Having Leadership Presence
- Managing your Energy
- Leadership at a Distance
- Leading an Ethnically Diverse Team
- Flexibility or Caving In
- Defining Your Personal Leadership Style
- Leadership Power and Influence
- When There is Conflict
- Work/life Integration
- Leading Single Gender Teams: Men or Women

*Dr. Barbara Mark is a trained leadership consultant and coach with a background in Clinical Psychology. Barbara has been working with women in leadership for more than 25 years and has supported them in becoming confident leaders with satisfying and successful careers and lives. As a thought-leader in the industry, Dr. Barbara stays current in both theory and practice as she takes women to the next step in the evolution of possibilities for women in leadership.*



**Put yourself at the top of your list and give yourself a Gift for the Holidays. Visit [FullCircleInstitute.com](http://FullCircleInstitute.com) right now and shop for yourself. Get some blocks of "me time" ... you deserve it!**

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Visit [www.FullCircleInstitute.com](http://www.FullCircleInstitute.com) to learn more about Dr. Barbara's commitment to women in leadership.