

## You, Inc. Alliance©

### Leadership Development Done Right!

You are a leader, whether or not you own a business, direct an organization, teach in a classroom, or manage your multi-faceted life. You are the President and Chief Executive Officer in the Life of Business or Business of Life. To effectively fulfill that job you must hone your personal leadership skills. Effective leadership of others begins with effective self leadership.

You are in charge of deciding who you want to be, where you want to go, what you want how you'll get there, and when! You are the leader of your life. What is the current shape of your personal leadership skills?

Our monthly gathering provides professional guidance, practical tools, and peer support for individuals who are mastering the art of personal leadership to apply in their work and life.

#### **Why:**

If you want your business to grow and prosper, you must develop yourself. If you want to change something in your life, you must first change yourself. As the leader in your business and in your life, you must continually learn new things, change your attitudes, experiment, make mistakes, learn your lessons, accept the positives, and keep taking steps forward in order for your business to grow. Your business and your life always reflects your inner self. Unless you grow the inner you, your life and business will stagnate. If good things happen and it starts to grow beyond you, then you'll unconsciously pull back and self-sabotage the results. The only way to more of what you desire and less of what you don't is to grow, develop, and possibly transform yourself first. The rest will take care of itself. Applying the basics is simple, mastering them takes a lifetime. If you aspire to achieve or contribute more, join us on our collective path forward.

#### **Purpose:**

- To help keep you on track to achieve your pre-determined goals
- To introduce 1 new personal/business growth concept each month
- To facilitate a high level of member involvement and interaction during the workshop
- To increase your elective accountability to doing what you say you'll do
- To support the development of your own unique potential

#### **Method:**

- Monthly Two-hour Workshops - 3<sup>rd</sup> Thursday each month, 11AM - 1PM (BYOLunch)
- Professionally Designed and Facilitated by Nancy C. Lewine, PhD
- Interactive workshop designs
- Elective level of "application" between sessions
- Minimal reading and preparation prior to each session
- Limited number of group members

#### **Potential List of Topics:**

- The Business of Life - Self Leadership
- The Technology of Setting Goals

The Art of Goal Achievement  
Work-Life Balance  
Self-sabotage: The Atalanta Syndrome©  
Finish What You Start. Celebrate What You Finish!© - Applying the Philosophy  
Self-image and Empowerment  
The Continuum of Dysfunctional-Functional Behavior©  
    Leader-Follower; Personal; Company-Client  
Stages of Organizational Growth and Growing Pains  
Dr. Lewine's Theory of Motivation via Personal Evolution©  
Development vs. Growth vs. Transformation  
Spiritual Development -What does it have to do with work?  
Healthy Boundaries, Assertiveness, and Self-Defense  
Archetypes in the workplace  
How Levels of Personal Consciousness affect your Business and your Life  
Gratitude and Appreciation  
Managing Your Personal Energy  
Sport Psychology Skills - Self-Talk  
Energy Follows Thought, What are you thinking?  
Sales Karma - The Power of Intent  
The Pedestal Issue - Transference and Idol Worship  
Return on Investment - Intangible returns  
Standards of Excellence  
Taking Good Care of Yourself

**When, Where, and How Much:**

Kick-off is 2/28/08

Starting in March the sessions will be the 3<sup>rd</sup> Thursday of every month

11AM - 1PM (BYO Lunch)

Arbour Square, 3<sup>rd</sup> Floor Conference Room, Harleysville, PA

\$1200 per year, payment terms negotiable

Take advantage of this *very inexpensive alternative* to standard management consulting or personal coaching fees!

\*This is a legitimate business deduction (training & development/consulting) and/or should qualify as a personal tax deduction for continuing work-related education. Obviously, you must confer with your accountant to verify your eligibility status.

Group membership is limited to 15! One -third of the slots have already been filled prior to this publication. Contact Nancy at [nclewine@nloinc.biz](mailto:nclewine@nloinc.biz) or 610-222-4543 to sign up *today!*