

Learn at lunch

LEARN AT LUNCH

Empowerment programs for leaders on the go



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Building influence. Inspiring innovation.

Deborah Rossouw

Learn at Lunch Programs

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Be Stress Wise

Recognize and successfully reduce stress in your life



Delivering a talk, meeting deadlines, dealing with tough customers and doing your performance review are examples of short-term stress. Dealing with difficult people or experiencing constant change are forms of long-term or chronic stress.

You need to know how to recognize and successfully manage these forms of stress at work.

This interactive and highly informative session will enable you to take proactive action using a proven strategy to reduce

your stress.

You will:

- Understand the causes and nature of stress
- Discover the body-mind relationship to stress
- Explore the symptoms and impacts of stress
- Understand how men and women differ in their response to stress
- Learn how to use a proven strategy to reduce your stress in minutes

Be Assertive

Stand up for yourself under pressure



Whether you need to deal with difficult colleagues or clients, or give constructive criticism, this dynamic, interactive seminar provides one proven technique plus one powerful strategy to equip you to be more assertive and give constructive criticism more effectively.

You will:

- Distinguish the four styles of communication
- Understand the impacts of each style on you and others
- Learn about three pillars of assertiveness
- Explore your assertive rights
- Learn a proven technique to disagree politely and assertively
- Explore the do's and don'ts and learn a strategy for constructive criticism

Resolve Conflict

Reduce hostility and preserve relationships



Conflict often arises as a result of misunderstandings and unspoken expectations.

This seminar will provide a simple yet powerful tool to help you shift the conflict towards resolution and preserve relationships.

You will:

- Understand the nature of conflict
- Identify your sources of conflict
- Discover the one thing that may be keeping you stuck in conflict
- Learn a simple tool to shift from hostility to understanding
- Apply this foundational tool to your own situation

Radical Self Care

Strategies for greater work-life harmony for all professionals



As a hard-working professional, do you tend to go beyond the call of duty? Do you typically work long hours with little time to rejuvenate? Setting aside or ignoring your own needs, if unchecked, can result in stress or burnout and a life out of balance – putting a strain on you, your family and the organization you serve.

You will:

- Learn how to identify the difference between high and low stress in your life
- Assess your current level of stress
- Learn the first step in the CALM© Process
- Learn a powerful mind-calming strategy when multiple demands occur
- Learn about the Radical Self Care Map

Why work with us?



- ✓ Engaging processes
- ✓ Proven methodologies
- ✓ Transferable concepts
- ✓ Result-oriented
- ✓ High standards
- ✓ Customized to meet your needs
- ✓ Programs geared for leaders on the go
- ✓ Professional consulting and coaching expertise
- ✓ Focused on empowerment

Deborah Rossouw

Speaker | Trainer | Coach



A compelling speaker, trainer and intuitive coach, Deborah draws on more than 25 years of front-line and middle management development. Her passion is to teach foundational life skills that enable others to reduce stress, manage their emotions and have more empowering and productive conversations.

Deborah draws from a depth of experience in people, management and leadership development, with a special focus on assertiveness training, stress management and coaching. She has worked with staff, managers and leaders across a variety of industries in Africa, Canada and Kuwait.

Deborah holds a post-graduate Degree in Organizational Psychology. She is a certified Integral Life Coach, through New Ventures West in San Francisco, and she also holds a certificate in WEL-Systems NLP at the Master Practitioner level, as well as certificates in Boundary Work and Inner Child Work.

Deborah also practices as a Deep Life Coach for empowered and connected living at DeborahRossouw.com.

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Communication Competencies	Coaching Competencies
<p>Learn how to have the necessary conversations of leadership and radically influence the culture of your organization.</p> <p>Sign up for: The Effective Communicator, The Business Writer and The Effective Professional.</p>	<p>Our coaching programs help you build your influence, coach for performance, empower others and inspire innovation.</p> <p>Sign up for: The Resilient Leader, The Wayfinder and The 7 Influencing Practices.</p>
Influencing Competencies	Innovation Competencies
<p>As a leader you need to engage others, build your influence, inspire innovation and get results that stick.</p> <p>Sign up for: The Persuasive Presenter, The Successful Sales System and The Best Candidate Wins.</p>	<p>Improve your strategic advantage, re-invent your future and improve profitability by leveraging the ideas of your employees.</p> <p>Sign up for: The Innovator at Work, The Ideas Engine and The Strategic Storyteller.</p>

