

FOUNDATIONS OF LEADERSHIP

ARE YOU A YOUNG PROFESSIONAL LOOKING TO BUILD A SOLID FOUNDATION FOR YOUR CAREER? CONSIDER BRIXEY & MEYER'S
FOUNDATIONS OF LEADERSHIP PROGRAM.

The Foundations of Leadership program brings together highly motivated individuals in a small group setting, where participants will develop critical skills, enhance their careers, and build strong relationships using tools like the TriMetrixEQ Report and Saboteurs Assessments to guide their growth.

WORKSHOP STRUCTURE

Each of the 6 workshops will last 2 hours, be in person, and will take place over a 4-5 month span.

- ✓ **Effective Communication:** Discover your unique communication style and learn how to adapt to and connect with others who communicate differently.
- ✓ **Stress Management and Building Resilience:** Explore how emotional intelligence impacts your effectiveness and well-being, and develop strategies to manage stress and build resilience.
- ✓ **Time Management:** Learn techniques to prioritize tasks, focus on high-impact activities, and implement practical tools to streamline your workflow.
- ✓ **Connecting to Others:** Exploring an array of networking strategies, fostering authentic connections, and cultivating a powerful personal brand.
- ✓ **Taking Initiative and Building Influence:** Unlock your potential, enhance your impact, and contribute meaningfully to your team and career.
- ✓ **Goal Setting for Continued Growth:** Maintain momentum by exploring goal-setting strategies that support both personal and professional development.

WHO PARTICIPATES?

Young
professionals
in the early
stages of their
careers

Growth-minded
individuals
developing
leadership
skills

High-potential
professionals
enhancing
communication

Motivated
individuals
ready to take
initiative

INVESTMENT

The investment to join the Young Professional Leadership Circle is \$1,500 per person.

HOW TO JOIN?

Each group is thoughtfully selected to ensure the best possible outcomes for everyone involved. [Apply here](#) or scan the QR code to complete your application.

We will be in touch with you soon!

