

The  
LEADERSHIP  
LAB

2024

# Leadership Lab

Course Schedule



# Welcome

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The Leadership Lab is designed to allow you to choose which leadership skill you want to develop. Offered as individual sessions that focus on heightening your workplace power skills, this program provides flexible learning to all. Whether you graduated from one of our programs a year ago, or 10 years ago, or if you're new to Leadership SI and have yet to complete another class, Leadership Lab classes are a great supplement to all leadership levels.



**Director of Programs**

**John Edwards**

[jedwards@leadershipsi.org](mailto:jedwards@leadershipsi.org)

859-691-1502

Hello,

We here at Leadership SI are committed to bringing our community the latest and greatest in Leadership development. Our Leadership Lab does just that, allowing you to choose what you need. I hope that as you look through this catalogue you find something that will help you in your professional work, community work, or family life.

Enjoy,

*John Edwards*



## Elevate HER

With:

*Olivia Fitchett*



### Women's Workshop on Authentic Leadership

As a leader, you may have the power to make decisions, manage others, run meetings, you may even run the ship! But, no matter what power you have at work, your greatest asset is YOU, your authentic self. When we, as leaders, understand who we are, what we bring, and why we do what we do- we are unstoppable. In this course, we will talk about the number one power you have in the workplace and how leveraging it can redefine how you lead your team (even if it's just you), increase buy-in, and remind yourself why you do what you do... a breath of fresh air!

This course is about leaders becoming aware of what gets in the way of leading authentically & wholeheartedly. It will be a lighthearted, but powerful session of self-assessment covering impostor syndrome, values alignment, mindset shifting, and more.

Sign up, and let's dig in!



## Session 2

# Little Voices

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With:

*Shawn Dawley*



### Overcoming Small Obstacles to Unlock Big Leadership

**Description:** Whether labeled “impostor syndrome” or simply known as persistent self-doubt, many leaders (even successful ones!) often struggle with inner voices that seek to hinder their progress, to keep them in place. Sometimes it’s our voice, reminding us of our mistakes. Sometimes it’s the echo of others, who tell us we aren’t good enough, young enough, old enough, smart enough, or worthy enough.

In this engaging and interactive workshop, Shawn examines the neuroscience and psychology of doubt, in a fun way and on a functional level, to help us understand not only **WHAT** we feel, but **WHY**. Then, he leads participants through a facilitated exploration of **HOW** we can address, reconcile, and overcome these negative distractions. While providing a foundation in theory and principles, Shawn brings these concepts to life with lessons learned from 30 years as a leader in the cockpit, combat, and corporate world.

Participants will leave with a better understanding of their emotions, confidence that they’re not alone, and equipped to become the leaders that they are meant to be.



January 25th, 2024  
9AM-12





## Session 3

# Presentation Skills

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With:

Ken Groth



### Overcoming Small Obstacles to Unlock Big Leadership

**Description:** Whether labeled “impostor syndrome” or simply known as persistent self-doubt, many leaders (even successful ones!) often struggle with inner voices that seek to hinder their progress, to keep them in place. Sometimes it’s our voice, reminding us of our mistakes. Sometimes it’s the echo of others, who tell us we aren’t good enough, young enough, old enough, smart enough, or worthy enough.

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February 22nd, 2024  
9AM-12



## Session 4

# Fundamentals of Communication

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With:

*Al Cornish*



### Do we understand each other?

We communicate every day. Skilled leaders are effective communicators who know how to get the message across. Whether it's basic work instructions, good news, bad news, or navigating difficult tasks, leaders need to relay messages effectively for teams to be successful. Learn ways to improve your communication skills as you lead within the community.

Communication isn't just about what we say, but it's also about how well we listen. In today's world with so many distractions in our faces daily, learn those techniques to be the best listener you can be.

Join us for this highly interactive program will allow you to practice different communication techniques, and become the best communicator you can be.



March 28th, 2024  
9AM-12



## Session 5

# Know Thyself

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With:

*Anne Darku*



### Leading with Emotional Intelligence

**Description:** As a leader, you've been recognized for your skills and attributes. How aware are you of your strengths and weaknesses? Increasingly your ability to lead will require you to understand your style and how it relates to others. Increase your emotional intelligence and adaptability as you elevate your team.

Become a more effective leader by understanding your own emotions, and those around you. Unlock the power of empathy with oneself and connect to those that are around us. This interactive and self-reflective program will help you practice and understand EI in a way you haven't before.



**April 11th, 2024  
9AM-12**



## Session 6

# Leadership & Workplace Wellness

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With:

*Jan Williams*



### Leadership & Workplace Wellness

**Formula: Committed Leaders + Engaged Employees = Success Lead Well** At its best, your workplace runs like a well-oiled machine. In a machine, gears are used to transmit power from one part to another. The power transmitted by the gears can increase speed and force or change direction. The same is true with workplace wellness. When your workplace wellness gears work together, powerful outcomes ensue. Your leaders, your employees, and your commitment to the community will be agile and strong - able to accelerate, focus, and adapt.

**Learning Objectives Differentiate Traditional and Modern Wellness Programs.**

- Discover your role in the conversation.
- Take an honest look at corporate culture.
- List strategies for implementing workplace wellness programs that create a happier, healthier, and more productive workforce.



May 9th , 2024  
9AM-12



# Meet Our Team

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**Mark Eddy | President and CEO**



**John Edwards | Director of Programs**



**Jesse Rasmussen | Membership Manager**



**Hannah Heil | Administrative Coordinator**



**Our Mission:**  
**To engage, develop, and  
mobilize regional leaders who  
will serve and transform our  
community.**

**Contact Information :**



812-246-6574



[www.leadershpsi.org](http://www.leadershpsi.org)



8204 Highway 311 Sellersburg IN 47172