

# Building the foundation for powerful leadership.

*To be a powerful leader – in our own life or in others' lives – we must build a sturdy foundation that consists of a deep understanding of our own essential self.*

*As a woman leader, you owe it to yourself to take time to review, define and adjust your foundation to take the fire within you to new heights.*



**Kinetic Insights, LLC**

*Lead. Succeed. Exceed.*

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### *Ask yourself these critical questions.*

- When did you last spend time getting to know yourself?
- Have you discovered your personal leadership power?
- Do you feel like something is missing when you get up in the morning even though you are successful?
- Do you get the right things accomplished each day or just a large list of tasks?
- Are you bringing all of your talent and strengths to your work and life?
- What legacy are you leaving each month, year and over your lifetime?

The Leadership Core workshop presents a model that represents the skills and self actualization that all of us need to fully engage in our lives and in leading others to the fullest extent that we are able. In this workshop, we explore each aspect of the model through self reflection, reading and group discussion. We explore each aspect of the model so we are able to put in place our strongest personal foundation on which to grow to our fullest potential.

### *You will gain a deeper understanding of:*

- what you truly believe and the impact of your beliefs,
- your key talents that you develop into strengths,
- how to establish and live by your priorities, and
- your passion and your purpose.

# Leadership Core: Basic Workshops

**Register today to invest in your own leadership core.**

The format consists of six 2-hour sessions held over 10-12 weeks.

**Mondays 11 am - 1:30 pm**

April 20, May 4 & 18,  
June 1, 15 & 29, 2012

**Fee:** \$950 per participant; includes workshop workbook and journal, as well as 2 books.

**Location:** 1910 Lake Shore Drive,  
Columbus, Ohio 43204

**Registration:** Online at  
[www.kineticinsights.com](http://www.kineticinsights.com) or send an email to  
[workshops@kineticinsights.com](mailto:workshops@kineticinsights.com)



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***“The most important capability we can develop to lead ourselves and others is self awareness.”***

*~ the Advisory Council of Stanford University's  
graduate business school*

I was challenged to think about my life and my annual personal priorities with the same attention I give our business 3 year strategic plan and annual operating plan. I never considered looking at my priorities this way. I now ask myself: Are the annual priorities helping me move closer to my life goals? Or am I just accomplishing a bunch of stuff that isn't helping my long term cause?

*~ Denise Meine-Graham  
VP Marketing, Cheryl & Co.*

Being in your workshop simply turned the light back on in my life. Helped me to see and appreciate my strengths. I realized they have always been there and I had been too busy with life to enjoy and believe in them and myself. Thank you for helping me see the possibilities and helping me regain my confidence, start my own business, and look forward to my fabulous fifties!

*~ Trish Jones  
Business Owner*

Without making self-renewal a priority, you will never be able to give 100% to your passions and let your true light shine! As women, we tend to take care of everyone else and don't take time for ourselves. This workshop offered a unique opportunity for me to spend time sharing with a small group of women. All the daily demands of my everyday life were turned off for a couple of hours so that I could reconnect with what is truly important to me.

*~ Julie Fratianne  
Director of Accounting, National Church Residences*

I have attended many courses to help me help others - continuing education and professional development - none of them focus on first getting me to be the best I can be. It was like detailing the car without a tune up.

*~ Andrea Nameche  
Financial Advisor and Business Owner*