NORTH ORGANIZATIONS™ · SELECTED WORK

LEADERSHIP DEVELOPMENT · WORKSHOP EXPERIENCE

Leadership Styles Under Pressure™

PORTFOLIO PREVIEW

A Confidence North™ DISC Leadership Experience

PORTFOLIO PREVIEW · WORKSHOP EXCERPT

Tanya Booke, MSHR

Organizational Effectiveness & Leadership Consultant

Confidence North™

LEADERSHIP · ORGANIZATIONAL EFFECTIVENESS · LEARNING & DEVELOPMENT

Pressure doesn't create your style. Pressure reveals it.

Every leader has a way they show up when things are calm. Every leader has a different way of showing up when things are hard. This workshop helps leaders see the difference — and shape what happens next.

Seven modules. Two hours. One durable shift.

A tightly designed leadership experience for intact teams, offsites, or leadership programs.

01	WELCOME	Frame the session and the stakes.
02	DISC OVERVIEW	Language for how people naturally show up.
03	KNOW YOURSELF	Assess your dominant style.
04	KNOW OTHERS	Recognize style in the room.
05	COMM. CHALLENGE	Practice adapting to a style unlike your own.
06	UNDER PRESSURE	Notice what happens to your style when the temperature rises.
07	ACTION PLANNING	Leave with three concrete moves for the next week.

Total runtime approximately 120 minutes. Available for intact leadership teams, offsites, and multi-cohort programs.

A workshop that ends with three named moves is a workshop that changes what happens next.

Who Said It?™

A table-team activity that lets participants recognize communication styles in one another before we formally teach them.

HOW IT WORKS

Participants read short spoken quotes from unnamed leaders. Working in table teams, they match each quote to the communication style that produced it. Discussion follows.

WHY IT WORKS

The learning arrives through recognition rather than instruction. Participants generate their own hypotheses before the framework is introduced.

WHAT PARTICIPANTS LEAVE WITH

Fresh evidence of how style shows up in real words — including their own.

Insight lands harder when the participant discovers it.

What your style looks like when it's tested.

In Module 6, the workshop moves from calm-water style to what happens when the temperature rises.

NORMAL BEHAVIOR	PRESSURE TELL	IMPACT ON OTHERS	ADAPTIVE LEADERSHIP HABIT
How the style typically shows up.	The specific behavior that emerges when overloaded.	What the team feels and how they respond.	One named move that changes the pattern.

· · · FULL PRESSURE MAP DEVELOPED LIVE WITH PARTICIPANTS · · ·

The full pressure map is developed live with participants. Each leader leaves with their own version.

The move is not to have less of a style. The move is to know when yours is running the room.

Insight without a habit is just an interesting afternoon.

NOTICE → ADAPT → PRACTICE → COMMIT → FOLLOW UP

Available as a facilitated organizational workshop for intact leadership teams, program cohorts, and offsites.

LEADERSHIP DEVELOPMENT	WORKSHOP DESIGN	EXPERIENTIAL LEARNING
COMMUNICATION	TEAM EFFECTIVENESS	FACILITATION

Insight is what you learn. Habit is what you keep.

Explore Leadership Workshops →

CONFIDENCENORTH.COM