



# VIRTUAL COURSES

## PERSONAL DEVELOPMENT COURSES

### **HOW TO WORK FROM HOME:**

Tips for Productive Remote Work

### **POSITIVE PERSEVERANCE:**

Staying Positive Through Tough Times

### **MENTAL & PERSONAL WELLNESS:**

Staying Sane During Crazy Times

### **THE BIG 3 – DIET/EXERCISE/SLEEP:**

Building a Better You for Good!

### **PERSONAL COURAGE:**

Emerge Bolder & More Courageous

### **STEPPING IT UP!:**

A Virtual Workshop On Professionalism

### **TAKING THE RIGHT RISKS:**

Staking the Odds in Your Favor

### **STRESS MANAGEMENT:**

Healthy vs. Unhealthy Stress

### **PRESENTATION SKILLS:**

Improve Delivery, Content, & Visuals

### **CREATIVE THINKING:**

Exercising Your Creative Muscles

## LEADERSHIP COURSES

### **COURAGEOUS CRISIS LEADERSHIP:**

Building Backbone & Boosting Results

### **COURAGEOUS COMMUNICATION:**

Have Difficult & Essential Conversations

### **LEADING CHANGE:**

Getting Through Disruption... Quickly!

### **COACHING FOR HIGH PERFORMANCE:**

Elevating Performance with Great Coaching

### **MOTIVATING SELF AND OTHERS:**

Inspiring Confidence and Performance

### **BOLDLY GO!:**

Success with Goal Setting & Accountability

### **GO TEAM, GO!:**

Getting the Most Out of Everyone

### **LEADERSHIP ESSENTIALS:**

The Best Time-tested Leadership Practices

### **LEADING CULTURE:**

Building a Culture of Peak Performance

### **UNLOCKING HORNS:**

Optimizing Conflict & Negotiation

### **DELEGATION:**

How to Delegate More Effectively

**INTERESTED?**

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Visit [GiantLeapConsulting.com](http://GiantLeapConsulting.com)