

# Optimal Potentials

## Intentional and Purposeful Relationships

### Creating the Foundation for Engagement and Inspiration

Do you understand your personal preferences and strengths?

Are you conscious of your behavior and impact on others?

Do you know how to develop an environment of purpose that fosters participation and integrity?

Do you know the key elements for creating effective and empowering relationships?



### Lead in your world with intention and purpose

Conscious and intentional relationships are foundational for individual and organizational success. This interactive workshop will help each person within a relationship system to understand and take ownership of their impact within that system. Participants will also leave with a personal action plan and tools for integrating their learning from this workshop. Two follow up coaching sessions will be provided to each participant to support them in consciously creating the relationships they want.

### Who should participate?

This workshop is designed to build and strengthen relationships within intact teams. Regardless of whether they are newly formed, in transition, or have worked together for a long time, teams will gain appreciation of the power of consciously designed relationship systems. Individuals will gain awareness of their own impact within the team and learn the skills to intentionally and positively contribute to team success.

### From this workshop, you can expect to:

- Gain a better understanding of yourself and others
- Explore innovative concepts in relationships and how to apply them
- Learn to recognize and deal with toxic conflict styles
- Experience and appreciate the value of every voice
- Consciously design a working alliance for your team

Workshops may be customized to meet specific needs. For more information or to schedule a workshop, please contact Dianne and Len at [leadership@optimalpotentials.com](mailto:leadership@optimalpotentials.com)

Details regarding additional workshops and services may be found at [www.optimalpotentials.com](http://www.optimalpotentials.com)

