



Energy Leadership

comes with pre-workshop assessment

Energy Leadership defines the seven levels of leadership, including the pros and cons of each level. Participants get a personalized look at their own leadership levels, both in typical circumstances and when they are under stress. Understanding how to apply the levels of leadership in various situations is a leadership super power and helps participants find massive success. Forbes Coaches Council highly recommends the Energy Leadership Index Assessment for executives and other leaders.



Emotional Intelligence

comes with pre-workshop assessment

As a leader, you cannot overestimate the importance of your emotional intelligence and maturity. Emotional intelligence (EI) is self awareness and management along with social awareness and management. Stats show that 95% of people think they are self aware, but those same studies show us that only 15% actually are. In this workshop, Aimee Bucher breaks down the steps necessary to understand your emotional intelligence levels and provides the tools you need to improve. Participants leave this workshop with an increased understanding of themselves and the people around them as well as ways to redefine their leadership, their vision, and how to implement lasting, visionary change.



Social Identities

Social identity is one of the aspects of your “self-concept” – how you see yourself as a person. Social identities include things like generation, ethnicity, race, religion, gender, sexual orientation, nationality, (dis)ability, political affiliation, relationship status, profession, and socioeconomic status. Along with your personal identity (e.g., personal attributes you use to describe yourself, like being tall or conscientious), social identity influences our values, the stories we tell about ourselves and others, and things that motivate us toward action. In this workshop, we look at our own social identities, how we are influenced by them, and how our identities play out at the organizational level. Powerful conversations, and ultimately, change come out of this workshop.

“In 40 years of Governance and Business Transactions practice with clients of all sizes and locations, Aimee’s method of putting across so many crucial points is THE best I’ve seen.”

Ted Ramirez, Attorney



Empathetic Leadership

Empathy at the leadership level is more important than ever these days. In this workshop, we identify the three forms of empathy and when each one is appropriate. Participants take a brief assessment that provides feedback on their levels of empathy. We talk about three practical ways to increase empathy and participants walk away with practical actions they can take to become better, more empathetic leaders.



Safe Zone Training

A Safe Zone Training workshop provides resources for powerful, effective LGBTQ awareness and ally training. There is pressure to already know how to be inclusive and while many of us want to be inclusive, we don't necessarily feel comfortable with the language or with our own level of understanding. Safe Zone workshops are safe places for people to learn more about their own gender/sexuality and deepen their understanding of LGBTQ+ identity and issues.



“Aimee, you did a great job presenting today and I have had numerous positive comments on your talk. THANK YOU!”

William C. Lindahl, PhD Retired Colonel, US Air Force



Self Compassion

Understanding your levels of self compassion and how to increase your self compassion is crucial for positive, healthy relationships in the workplace. In this workshop, we take a self compassion assessment so participants have a baseline measure of their self-compassion. We discuss why self compassion is important for leaders. The workshop closes with practical ways participants can increase self compassion and ultimately be better leaders.



Resilience

Resilience is key for handling job stress and managing relationships at work. Resilience is associated with increased job satisfaction, happiness at work, decreased turnover and increased employee engagement. In this workshop we look at the importance of resilience and what it means to increase resilience. Participants evaluate their coping skills, and learn how to capitalize on their strengths to increase their resilience in the workplace as well as in their personal lives.