



Energy Leadership

includes 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

includes 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 and Bias

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.



Understanding the Role of Privilege in the Organization

This workshop provides a safe, eye-opening look at the ways privilege shows up in relationships with clients/customers as well as within the office teams. Participants discuss how privilege impacts their understanding of themselves, their relationships, and their work.

“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



Expanding LGBTQ+ Awareness & Understanding

According to a 2021 Ipsos survey, 11% of the global population identifies as some form of queer/LGBTQ. There is pressure to already know how to be inclusive and while many employers want to be inclusive, they don't necessarily feel comfortable with the language or with their own level of understanding. This workshop focuses on a broad understanding of terms specific to the LGBTQ community as well as redefining gender identity, gender expression, sex, and attraction. Participants leave this workshop with an expanded understanding of the LGBTQ community that shows up as both employees and customers/clients.



Empathy and Self Compassion in the Workplace

Empathy at the leadership level is more important than ever these days. Self-compassion is crucial for positive, healthy relationships both with clients/customers and employees. In this workshop, participants will examine their levels of empathy and self-compassions. We will identify the three forms of empathy and when each one is appropriate both with customers/clients and employees. Participants will learn why self compassion is important, and how it impacts leadership at every level. The workshop closes with practical ways to increase empathy, self-compassion and build a plan for stress management within the workplace.



“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



Increasing Resilience for Effective Leadership & Teamwork

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 for both leaders and employees. Participants will have the opportunity to assess their own professional resilience within their organization/company, understand the four components of resilience, and how they can increase their resilience in ways that create better teams.



Building an Anti-Oppressive Framework for Your Organization

We will explore power and privilege to understand how these forces show up in the dynamics of a diverse organization. Participants will work toward an understanding of their role within an anti-oppressive, anti-racist, and intersectional framework and how this impacts relationships and teams. Deeply powerful conversations and ideas are shared in this workshop. Participants shift perspectives and develop the tools to create positive change in their organizations.