

# ***Workplace Development***

## ***From Good to Great: Nurturing your Inner Leader***

To be the best at any endeavor one must practice. Being a great leader is no exception. Therefore, daily exercise of your leadership muscle will over time take you from a good leader to a great leader. This interactive seminar will assist the participant in taking a self-reflective look at his/her capacity to lead. A review of the character traits of effective leaders will be explored (e.g., confidence and a passion to serve).

## ***Living in the Moment: the Keys for Appreciating Right Now***

Life unfolds in the present but we are often so busy ruminating on the past or worrying about the future that we allow precious moments to pass before us unnoticed and unseized. It's time to take control of your thought life so that you flourish in your place of employment and beyond. This seminar will focus on three key components for living in the moment: 1.) understanding the dangers of busyness; 2.) gaining control of your thoughts; and 3.) mastering the art of contentment. You will leave this workshop feeling empowered to succeed at enjoying the life you have today.

## ***Re-discovering You***

We were all created for greatness but life with all of its complexities can cause us to lose focus on what really matters and offer attractive detours that derail us from our true purpose. It's time to get back on track and re-discover you. This workshop will focus on getting you reacquainted with the "you" you were created to be. We will explore the mindset that is necessary for success in the workplace and beyond. We will also discuss common life distracters and how to avoid them. You will leave this workshop feeling empowered to be all that you were created to be!

**Book Dr. Celeste today!**

**Email: [booking@drcelesteowens.com](mailto:booking@drcelesteowens.com)**

**Contact: Sylvia Huntley (410) 977-4454**