

Key Steps to THRIVE in Challenging Times

Duration: Half-day Masterclass

Is it possible to THRIVE while others are barely surviving? The good news is... YES, you can. This masterclass will empower you to accept and learn how to work around the inconvenient truth about challenging times and disruptive change: it is NOT EASY. In fact, it is HARD. But you can use any challenge (even a pandemic) to your advantage, that is if you know how and you are prepared to really grow. True growth requires a process of “stretching” and shifting out of your comfort zone. This requires courage and determination. This requires new skills that are suited to the fourth industrial revolution and modern world of work. This requires that you capitalise on your strengths and increase your emotional quotient (EQ).

Who should attend?

Individual Contributors. Team Leaders. Managers. Senior Executives.

Why attend?

We all want to live our best life. However, we often find ourselves struggling to stay afloat in all that surrounds us and the ever-increasing demands of modern world of work, not to mention what we are facing since Covid-19. All too often, we hear people saying, “If I could just pause, stop the bus and get off for a while, I would be okay.” Right now, we are actually in the midst of such a pause but it doesn’t feel positive because most of us are fuelled by anxiety and fear, and struggling to get out of “fight or flight mode”. During this powerful and practical masterclass, we will work with you to become resilient, resourceful and agile. You will be equipped with tools that will help you navigate all aspects of your life and adapt to anything life throws your way. You will realise that although times might be tough, through harnessing your EQ, you can really THRIVE and live a successful and happy life – one that you don’t regularly want to escape from.

What will you learn?

After this programme, you will:

1. Identify the signs of high emotional intelligence and why you need it to THRIVE
2. Understand the impact of the pandemic or any other severe set-back and how can you THRIVE
3. Focus on what really matters – prioritise and eliminate time and energy drains
4. Watch your thinking and realise how much it impacts your reality and experiences
5. Adopt the ‘right’ mindset and become mindful
6. Become resourceful and innovative in solving problems
7. Leverage your network by building relationships and collaborating

How will it help you?

This transformative and interactive masterclass will show you how to take control of your professional and personal life in ways you have never done before. You’ll be equipped with strategies to take your success to a higher, more evolved level. You will leave feeling more confident, able to focus on what matters, able do more with less and with tools to tap into your inner resilience. You will learn how to be optimistic and how to programme yourself for success. This does not mean “rah-rah positive thinking” – far from it – but rather ways of thinking constructively and directing your energy to overcome obstacles and really take Key Steps to THRIVE and... ‘be the difference that makes the *difference*.’

What do our clients say?

Thanks you for a totally WOW session. You were so inspirational, got everyone thinking and shared such practical tools. I have received amazing feedback. It's not always easy to keep a young audience engaged but you did it. Everyone (including our sales director and managers) wished they had more time with you. We will definitely see how to involve you next year as our focus for 2020 is on increasing our EQ.

-- **Wanda, Senior HR Coordinator, Mimecast** --



Our conference was a resounding success. We have been receiving great feedback – especially about your opening session on how to THRIVE in challenging times. Thank you for your energy, great tools and value add. -- **Ian, COO, Amity** --



Thank you so much for the session! We have been going through the feedback forms and they are quite impressive. Just to let you know you were dealing with a very unhappy and frustrated team who are not easy to impress but you did it! They have all been raving about your session and are so motivated. Again, thank you!

-- **Blennah Kekana, Manager of Dealer Training Academy, MBSA** --



This is the best ever workshop I have ever attended. I was blown away. -- **Robert Mudau, Manager, IBM** --



Sharon presented this workshop in her usual exceptional way. As always, there was brilliant learning that I need to take and apply in our business. Thank you for a very valuable session!

-- **Michelle Nicolai, Sales Manager, Barloworld Equipment** --



Sharon is passionate, flexible and not only delivers on a brief but goes the extra mile. Highly recommended as a top-quality provider of development interventions.

-- **Shakila Briajraj, Executive Development, Henley Business School** --



Sharon, thank you for being an integral part of our team and success. I can perceive your passion around this work just from your programme design. Excellent!

-- **Sara Bux, Executive Development Manager, GIBS** --



Thank you for a FABULOUS workshop – it was right on the money. I have received very positive responses from my team.

-- **Viloshini Pillay, Business Development Director, Southey Contracting** --



I rarely rate a facilitator 10 out of 10... this time it was easy. Thanks for your passion and for giving me an awesome session with my team! -- **Prega Naina, BFC Head, Standard Bank** --



Why Key Steps?

We are a niche training, development and coaching consultancy that have a reputation for providing solutions that really get results. We are Services and MICT Seta Accredited (#2257), BEE Level 2 and have over 20 years' experience making a *difference*. We are unique in our ability to quickly and strategically analyse your specific and diverse needs to create "Key Steps" to meet your learning and development objectives. This ensures you receive optimal return on your investment (ROI).

Our programmes are rooted in many cognitive behavioural methodologies, scientific practices and structured theories and frameworks. These include Neuro-Linguistic Programming (NLP), coaching, dialogue education principles, age-old success tools and various psychological and philosophical principles. Extensive research, training techniques, tools, stories, theories, case studies, practical exercises (including much peer interaction and team building strategies) are blended to create an experience that inspires individuals and teams to take their learning out of the classroom and make it count!

Our founder and CEO, Dr Sharon King Gabrielides, is faculty of GIBS and Henley Business School, where she develops and facilitates modules of their leadership development programmes. We also work with leading corporates, including ABB, Absa, ACSA, Adcock, Aon Group, Atlas Copco, AVI, Barloworld, BASF, Bateman, Bayer, BCG, Bidvest, BMG, BMW, Bombela, Bühler, Bytes, Caterpillar, Citibank, Clover, Colgate, Daimler, Dimension Data, EY, Epiroc, Eskom, First Rand, Flight Centre, FNB, Fraser Alexander, Hogan Lovells, Hollard, Hytech, IBM, Imperial, Investec, Kaefer, Kraft Foods, Kronos, Mc Cain, Mercedes-Benz, Merchants, Mondelez, Mondi, National Brands, Nedbank, NEF, Nestlé, Openserve, Primedia, REEF Insurance, Refinitiv, RMB, Sandvik, Servest, Siemens, SKF, Standard Bank, Stanlib, Sun International, Telkom, Tenova, Thomson Reuters, UCS, UTi and VW.

And there's more...

1. We really care about developing people; we immerse ourselves in your business, offer follow-up support and go on a journey with you.
2. Recent research shows that our Leadership and Emotional Intelligence Programme is **28% more effective** than most! This means you get the ROI you deserve.
3. We can increase your BEE score as we are a B-BBEE Level 2 contributor and a Services and MICT SETA accredited provider offering NQF aligned programmes.
4. Seasoned and accredited ETD practitioners and assessors conduct ALL our programmes.
5. Sharon personally attends to ALL keynotes and customised programmes.
6. Sharon is one of only three woman CSP's in SA (the highest international designation a speaker and facilitator can obtain) and spent years researching the best way to develop leadership capacity in a holistic and sustainable way.
7. Our clients rave about us (let their comments speak for themselves: www.keysteps.co.za/testimonials/) and keep coming back to take more Key Steps to... 'be the difference that makes the *difference*.'

“ Jenny Greyling
Talent Development Leader
EY Africa

Sharon King has been a preferred learning vendor at EY for many years. She facilitates our core firmwide learning programs, based on global EY material. She brings in her own best practice to the content and ensures the programs remain at a high standard. Sharon is a sought after facilitator and her programs are well attended with excellent ratings. She is passionate about making a difference in the lives of our learners and has a flexible style to customise programs for individual business unit needs. She also aims to deliver material that is relevant for the organisation she is working with and hence, I highly recommend her as a facilitator.

“ Linda Buckley
Executive Education Director
Henley Business School

It is great having you on board and we look forward to more of your wonderful inputs this year. You are such a professional – talented, interesting and well received by all. Thanks for that which you bring to our success.

Please feel free to contact Sharon with any questions you might have. We really look forward to the possibility of supporting your team to THRIVE and lead through challenging times to...

'be the difference that makes the *difference*.'