



Key **s**t **e**p **s** to LEAD Self, Others and Meetings through challenging times



Duration: 90-minute Virtual Keynote

Who should attend?

Individual Contributors. Team Leaders. Managers. Senior Executives.

Why attend?

We are living in unprecedented times and the world as we knew it no longer exists. Employees are being encouraged to work from home and to avoid unnecessary contact with other people. Many are working while home schooling children. We are redefining the way we work and live and co-creating a new reality. It is not surprising that tension is high as we face weeks, maybe months, of uncertainty. Leaders need to stay calm and adapt quickly to the ever-changing circumstances in order to keep their teams calm and motivated. This is no easy feat, especially when faced with an invisible enemy that cannot be outrun and there is no antidote. We are seeing very high levels of pandemic burnout. More than ever, we need skills and tools to equip us to lead ourselves and others more effectively. We need leaders who can help their team to be resilient and instil hope. We need leaders who can really, 'be the difference that makes the *difference*.'

What will you gain?

After this extremely practical session with Sharon, you will:

1. Know how the body is impacted by prolonged stress and how to spot signs quickly
2. Have tools you can implement to return to your most resourceful, calm and productive state
3. Virus scan your mind and realise how much it impacts your reality and experiences
4. Focus on what really matters – prioritise and eliminate time and energy drains
5. Become increasingly resourceful and create healthy habits, routines and rituals
6. Support your team in ways that can prevent pandemic burnout
7. Stay connected to and inspire, motivate and influence your team
8. Gain ways to make virtual meetings successful and minimise online fatigue

How will it help you?

During this interactive and transformative session with Sharon, she will work with you to manage and lead yourself, others and meetings in ways that foster resilience and get results. Based on past participants' feedback, you will leave this session feeling more confident, able to think more constructively and respond more effectively to an ever-changing environment. You will gain practical tools and ways to implement them to lead others and keep them motivated. You will also be better able to run online meetings and minimise online fatigue. Sharon will work with you and stay online after the session to answer your questions so together we can Key Steps to really...

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



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What do our clients say?

Sharon is the ultimate professional. She speaks with passion and is easy to listen to. Her knowledge on leadership and coaching is invaluable. I would recommend Sharon to any corporate looking to build their company culture as well as their leadership team. -- **Craig Turton, VP, Purple Group**



Key Steps is the “cross fit” equivalent of EQ development. I attended a webinar hosted by Dr Sharon. She was absolutely brilliant in hosting a LIVE session on Leadership during this uncertain time. The session was interactive, professionally hosted and executed proficiently. Within an hour, I gained tools to equip me for a lifetime. Super impressed! -- **Jeetesh Mistry, Agile Portfolio, Standard Bank**



What I appreciate about Sharon is her ability to keep her audience engaged throughout her session. Her in-depth knowledge of the subject is undeniable. Sharon is a consummate professional and a master at her craft. -- **Charlotte du Plessis, Founder and CEO Woman of Stature**



I have known Sharon in her professional capacity for 5 years. While her skills set range is vast, if you are ever looking for an EQ training specialist or professional coach, I highly recommend Sharon. She has guided me to view the world from so many different perspectives and I cannot thank her enough for the journey we have been on. Today was the first time I have attended a virtual session and was so pleased that you can still feel her sparkle and energy the way you do when she is in the room. Namaste Sharon.

-- **Linda Brown, Corporate Communication and Transformation Head, BASF South Africa**



Thank you, Sharon, for an inspiring webinar to “Lead Self, Other and Meetings through Challenging Times.” You shared some really practical tips on being effective in meetings and keeping yourself and your team engaged during this crisis and beyond, when we return to a new and different normal.

-- **Annelize van Rensburg, Signium**



Time well spend attending a webinar with Sharon yesterday morning. Sometimes it is not all about us, but about others! Definitely going to implement your guidance and techniques. The well-being of yourself and YOUR TEAM is crucial if we want to get through this. Looking forward to attending more of Sharon's webinars in near future. -- **Louise Cornelissen, Independent Contractor**



I was reminded last night on a Zoom PSASA Chapter meeting about how little we often remember after listening to a speaker. This is not the case with Sharon: you are truly at the top of your game and one of the most authentic, clear and “on point” speakers that I have listened to... to date.

-- **Joni Peddie, National President of Professional Speakers Association of Southern Africa**





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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, Krones, 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 lead through challenging times and...

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