

## 90 Minute Leadership



OD recognise the challenges our leaders have in managing time constraints and setting aside time for development activities. Short, intensive development sessions can be a useful way of learning. Rather than spending a full day covering a relatively wide range of topics, our "90 Minute" leadership sessions will focus on specific topics, concentrating on key issues rather than the broader picture.

The next session is:



### "Direct Communication & Respectful Challenge"

How often do we hold back from saying what we know needs to be said? How often do we avoid giving someone feedback for fear of upsetting them or getting into conflict? How often do we do things ourselves because it seems easier than getting the other person to take responsibility for what they need to do? The answer is "All too often".

This session is designed to change participants' thinking and behaviour through teaching the concept of direct communication and respectful challenge. Direct communication and respectful challenge go hand-in-hand. Used effectively they can create awareness, encourage change, and establish boundaries. Using direct communication is a way of:

- Giving feedback
- Managing boundaries
- Asking for change

During the session you will be introduced to two models for structuring direct communication and respectful challenge. If you are prone to avoiding giving feedback then this session will be helpful for you.

**Date: Wednesday 8<sup>th</sup> May 2024 at 08.30am**

**Facilitator: Dr Sandra Wilson, The International Centre for Business Coaching**

**To register – <https://link.webropol.com/ep/onlineleadershiprespectfulchallengemay2024>**