



WEBINARS BY JULIE BERG

All webinars described here are 60-90 minutes in length. All content can be tailored to meet your needs. Other topics by request!

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Julie Berg, Principal Consultant at HRD Consulting in St. Paul, is a leadership development consultant and a certified leadership coach working 1-1 with managers, and together with their teams. As a coach, she puts the GO! in her clients' goals. She has over 30 years of Training & Organization Development experience in a variety of industries & organizations, including ten-plus-year partnerships with several cherished client companies. She holds a master's degree in Human Resources Development from the University of Minnesota and teaches at the University of Minnesota, Normandale Community College & Winona State University.

Working with Style – (DiSC® or Social Styles) – This well-researched behavioral model is used to describe one's work behavior patterns, style, or traits. With this insight, you increase your emotional intelligence, which refers to your ability to understand yourself and others and become a more versatile, effective communicator. (Both assessments are available online.)

Navigating & Leading Change - Leaders and employees need to be agile, adaptable and resilient to lead the organization to success amidst challenging times and uncertainty. In these webinars, we will explore the personal journey through change, how to create and enhance your resiliency through change and how to more effectively lead change. (Separate session for leaders and employees.)

Winning with Strengths - The world we live in, unfortunately, focuses on weakness. The message leaders often give, and employees often believe, is that we can't succeed unless we fix where we are weak. This remedial mindset, while leading to only modest improvement, is not a way to exponentially accelerate growth. It causes us to miss opportunities to expand our potential into something outstanding and capitalize on the drive to learn and do more. Learn how in your role you can play to your strengths and generate the creativity, innovation and results you desire. (Knowledge of CliftonStrengths is NOT required or necessary for participation.)

Coaching for Performance - The goal of coaching is to work with the employee to solve performance problems and to improve the work of employees and teams. Employees who respond positively to coaching and improve their performance can become more valued contributors to the success of the business. We will explore approaches to help leaders become effective performance coaches.

Not Your Father's Performance Review: 21st Century Coaching & Feedback - A mobile marketplace and a younger workforce are driving the change in employee performance management. It requires a focus on engagement and retention with more feedback and coaching, less rating and ranking. Successful leadership practices for high performance today mean taking a strengths-building approach and understanding brain science to unlock the secrets to motivation and success.

Facilitating Virtual Meetings - This webinar shares tips for preparing, conducting and engaging participants for productive meetings that meet your objectives. You will expand your virtual toolkit for collaborating with your colleagues.

Making Your Brain Work for You - Learning a handful of simple neuroscience concepts, and then applying them to your life, can significantly increase your effectiveness in the face of the challenges you experience daily at work. You'll learn to apply these concepts in three areas:

- 1) How you influence and collaborate with others,
- 2) How you solve problems in your team, and
- 3) How you master the stress and chaos of change.

You don't need to be a neuroscientist to make simple brain science work for you!

Emotional Intelligence: Another Way of Being Smart - Emotional intelligence (EQ) is about using the wisdom of emotion as a source of information, motivation and connection. In our personal & professional relationships, listening, observing and being able to accurately identify your own emotions as they happen are important elements of EQ that lead to an enhanced ability to influence others, make wise decisions, and handle stress. Unlike your IQ, which is fixed, EQ can be developed and improved over time. By attending this session, you will:

- Understand the basis of emotional intelligence
- Recognize the core EQ competencies and skills in your life, especially as they impact your relationships, decisions and stressors
- Focus on specific ways to practice and improve your EQ.

