

# LEVEL UP: A LEADERSHIP SERIES

**Reduce stress. Communicate clearly. Build a healthier culture.**

## About the Program

Leading people is hard. Not because you don't care or aren't capable, but because leadership requires you to manage yourself and your responsibilities, while also navigating personalities, pressures, competing priorities, and the emotional weight that comes with being "the one" everyone looks to.

This 3-session, in-person leadership training series is designed to make leadership feel clearer, steady, and sustainable. Each session, you'll learn practical leadership tools you can use immediately, with real-life language for conversations you're already having (or avoiding).

## Who is this for?

This series is for business owners, executive leaders, and emerging leaders who want:

- Clearer communication and fewer misunderstandings
- Stronger ownership and alignment with the team
- Less stress and to lead with steadiness
- Purposefully build a strong and healthy team culture

No matter your industry, these tools work because they focus on what drives results: behavior, communication, and culture.

## What is Included?

Each 90-minute session includes:

- Simple tools you can use and easily teach to others
- Real-time application and repeatable processes
- Networking and peer-to-peer learning

# What You'll Gain

## **Session 1 - Lead Yourself: Discover Your Voice**

Most stress comes from miscommunication, unspoken expectations, and assumptions. Leadership gets easier when you understand how you're wired. You'll build self-awareness around your natural tendencies and communication style through the 5 Voices framework.

**Result:** When you don't understand your own default style, you can unintentionally overuse your strengths, misread others, or react under pressure in ways that create confusion. The 5 Voices framework is a language for how people think, make decisions, and communicate. That language lowers defensiveness, shortens meetings, and helps people feel seen and understood. Instead of guessing what someone "meant," you learn how to ask better questions, adapt your delivery, and lead with confidence. This session lays the foundation for everything that follows, because you can't lead others well if you don't know yourself.

## **Session 2 - Lead Others: Balance Support & Challenge, and Influence**

Leadership can get heavy when you're carrying too much, or you keep having conversations that go nowhere, or spending energy on things you can't actually control. The result is predictable: frustration, burnout, and a team that is not performing at a high level. You'll learn how to balance both support and challenge so you can lead people to a higher level without carrying everything yourself. You'll also learn a tool that helps you uncover the differences in how you lead various people, how others experience you differently in each area of your life, and how those people and environments affect you differently.

**Result:** Balancing both high support and challenge builds ownership and a liberating culture. This session helps you understand what it's like to be led by you, adjust your approach to different people and environments, and focus your energy where it creates the greatest impact.

## **Session 3 - Lead Teams: Build Healthy Rhythms and Culture**

Your stress level, your decisions, and your team's engagement are shaping culture every day. You'll learn the 5 Gears tool that will help you to schedule your time and energy intentionally that allows you to bring your best to each relationship and role in your life. Then we'll get practical about how culture is created, whether intentionally or accidentally, through what is modeled, allowed, and rewarded.

**Result:** Culture is formed by daily habits. When your pace is chaotic, your team feels it. When your leadership is steady, your team becomes healthier. You'll leave with rhythms, language, and an action plan that create a culture people want to be part of.

## Questions? Ready to Register?

Contact Tina at [hello@tinaevanscoaching.com](mailto:hello@tinaevanscoaching.com)

**[Click Here to Register](#)** or scan the QR Code

