

Webinar Ideas from V<sub>2</sub> Leadership Solutions  
(60 minutes each)

Title	What you will learn
1. Emotional Intelligence (EQ)	Your IQ is a measure of intelligence, your brain power. Your EQ is a measure of your emotional intelligence, your ability to understand yourself and the social environment around you, and to act appropriately. The good news about EQ (unlike IQ) is that you can actually improve your score—get better at social interactions (including with yourself). We will discuss EQ and offer a quick assessment of what yours is, and in the process help you improve your social flexibility, resilience, team building, problem solving, and personal family dynamics.
2. Using values in the COVID crisis	We are without a doubt in uncharted waters right now. Knowing your values can help you navigate life and make better decisions during a crisis. Learning how to use your organization’s values will help you make the winning choice for the team, the customer, and you. We will address skills in the areas of strategic thinking, conflict management, team building, and problem solving.
3. eSecrets of virtual leadership	Leading a remote team can present challenges, especially if you are new to the experience. This webinar presents a number of tips to improve your virtual leadership skills. Areas covered include creativity and innovation, resilience, flexibility, conflict management, team building, accountability, and problem solving.
4. Coaching skills	Tired of having to come up with the answer to every question from your team members? This session will teach you the skills to help you be more effective at co-creating solutions with teammates—and family members—instead of coming up with all the answers yourself. It will help you with flexibility, resilience, developing others, team building, problem solving, and human capital management.
5. Understanding team thinking	How do you see the world, compared with your colleagues? In this session will we give you the opportunity to take the very quick and easy Thinking Wavelength assessment and discuss the implications of its results. This will help you with team dynamics, communication, empathy, and, of course, problem solving.
6. SMART Goals	As one quarantine day blends into the next, and weekdays into weekends, you may find yourself making vague plans for the future that are remaining frustratingly unfulfilled. The session will (re)introduce you to the process of developing goals that are specific, measurable, attainable while still being a reach, and time-bound, and therefore more likely to be accomplished. This process is not only great for you, but terrific if you have people in your life who are likewise challenged with follow-through.

7. eCommunications	<p>“What we’ve got here is failure to communicate.” The warden’s quote-worthy line in <i>Cool Hand Luke</i> seems to be the eternal bane for all of us, COVID or not. But social isolation and conversations at a distance only make the problem worse. This session is chock-full of practical ideas to improve your ability to get what is in your mind accurately into the mind of someone else, through phone calls, Webex, Zoom, or Morse code.</p>
8. Sustaining my COVID-strained body, mind, and heart	<p>OK, quarantining and distancing was interesting at first. Now it’s just stressful. How can you keep yourself together in order to be there for everyone who depends on you? This session will cover some practical ways to sustain yourself and improve your resilience during what will clearly be a new normal for all of us.</p>
9. How am I really doing?	<p>Many of us have now learned to ask—and answer—the version of “How are you doing?” that dives deeper than just “Fine.” This session will help you ask yourself that question, reveal more profound answers, and discuss ways to improve those answers. It’s about resilience, transparency, and deeper team building.</p>
10. “Well, the commute is better ...”	<p>Being at home another day with a spouse, a significant other, or children is leading to increased tension. How can we survive an uprooted daily routine with fewer “I’m sorry” moments? This open discussion will go deeper into family dynamics and ways to reduce conflict before, during, and after those difficult moments. We will touch on resilience, empathy, compassion, and emotional intelligence.</p>
11. Open forum (Town hall meeting)	<p>This session is exactly what it says. We will open the virtual floor to your questions on whatever is challenging you these days. It will be an outstanding opportunity to practice transparency, team building, and the very best of synergistic problem solving.</p>