

APEX Professional Development Program



APEX LEADERSHIP EVOLUTION SERIES I LEADING WITH COURAGE, CONFIDENCE AND CONVICTION

BACK BY POPULAR DEMAND!

APEX is pleased to announce a repeat performance of the **Leadership in Evolution I, a program developed in partnership with the HKPB Consortium**. This series of workshops, offered for the first time in 2009-2010, received an enthusiastic two thumbs-up from participants. The program is a breakthrough learning opportunity, designed to help executives succeed in a diverse and complex environment and focuses on leadership topics that are *top of mind* for Public Service leaders today.

Read what the participants wrote about their experience:

- *Pro Active questions helped to think about office issues in an entirely different frame of reference.*
- *Well done – very much enjoyed this session. Developed insights and greater awareness.*
- *Gratifying to learn from colleagues' experience and realize we share or are confronting similar situations.*
- *I really liked the coaching approach.*
- *The series Leading with Courage, Confidence and Conviction was a well spend 4 half days. The Series added tools to my management leadership toolbox that have brought me new perspectives; some aha moments; and the courage, confidence and conviction to apply what I have learned. This Series will make a difference to you!*

FOUR (4) HALF-DAY WORKSHOPS ON THE FOLLOWING THEMES:

1. The confidence to connect

- Connecting with your own truth
- Connecting with others with authenticity
- Practicing listening with the "whole person"

ENGLISH: ——— Wednesday, October 6, 2010, Group A: 8:30 – 12:00 or Group B: 1:00 – 4:30

FRENCH: ——— Thursday, October 7, 2010, Group C: 8:30 – 12:00

2. Clarifying the context

- The conversations we have
- Making requests and promises
- Practicing the ability to pause, check assumptions and make conscious choices



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ENGLISH: ~~_____~~ Wednesday, November 17, 2010, Group A: 8:30 – 12:00 or Group B: 1:00 – 4:30
FRENCH: ~~_____~~ Thursday, November 18, 2010, Group C: 8:30 – 12:00

3. Juggling conflicting demands and priorities

- ~~_____~~ Saying no with skill, poise and impact
- ~~_____~~ Harnessing your energy for full engagement
- ~~_____~~ Practicing acceptance and letting go

ENGLISH: ~~_____~~ Wednesday, January 19, 2011, Group A: 8:30 – 12:00 or Group B: 1:00 – 4:30
FRENCH: ~~_____~~ Thursday, January 20, 2011, Group C: 8:30 – 12:00

4. Creating breakthroughs – The art of feedback!

- Giving feedback for extraordinary performance
- Reducing resistance and fostering engagement – yours and ours
- Practicing awareness, reflection, insight, and action

ENGLISH: ~~_____~~ **Wednesday, March 9, 2011,** Group A: 8:30 – 12:00 or Group B: 1:00 – 4:30
FRENCH: ~~_____~~ **Thursday, March 10, 2011,** Group C: 8:30 – 12:00

You will tackle the most pressing leadership issues with experienced trainers who have walked in your shoes! These half-day workshops are led by highly qualified coaches who have a keen understanding of the challenges at hand. **HKBP Consortium certified coaches Hélène Beauchemin (former Assistant Deputy Minister) and Lynda Pedley, (former Public Service Executive),** will guide and accompany you through your many challenges.

NOTE: *Individual coaching with certified coaches to address your unique challenges will be available to workshop participants at preferred rates. One-on-one coaching between workshops can focus sharply in on specific issues that matter to you where you may feel stuck, allowing you to achieve the results you are seeking.*

LOCATION, COST & REGISTRATION

Workshops will be held in the APEX Boardroom, Suite 508, 75 Albert St. in Ottawa. Space is limited to 20 participants per workshop, so register early to secure your place. The fees (plus applicable taxes) of the workshops are:

- \$400 for APEX members (\$600 for non-members) – one workshop of your choice
- ~~_____~~ \$750 for APEX members (\$950 for non-members) – two workshops of your choice
- ~~_____~~ \$1,125 for APEX members (\$1,325 for non-members) – three workshops of your choice
- ~~_____~~ \$1,500 for APEX members (\$1,700 for non-members) – four workshops

To register, please contact Alexandre Sincennes-Dufresne at alexsd@apex.gc.ca or download the registration form [here](#).

