

# IRON Orchid Leadership Exchange

## Head & Heart Intelligence Unleashed

### Addressing the top leadership topics of today

#### Workforce Stress, Resilience, Balance, Engagement & Change Agility



- ❖ 2014 Theme: Navigating the Dynamic Tensions of Personal and Professional Leadership.
  - ❖ Iron Orchid Leadership means being strong, magnificent, nurturing, agile and resilient - on our own and together. We celebrate success & face the tough stuff of life and work, paying attention to our own and others' well-being.
  - ❖ Your gift for joining IOLE: Mentors; Champions; Coaching; Intellectual Stimulation; Fun; Laughter; Feedback; Strength; Courage; Authenticity; Service; Growth; Inner/Outer Balance; Inspiration.
  - ❖ Menu of Member Options: Coached Leadership Council (CLC), 1:1 Coaching, Virtual Power Breakfasts (VPB), networking, workshops, retreats, service projects, and adventures.
- ❖ Modeled after our most successful programming and insights from recruiting and coaching thousands of leaders. Solid metrics. Research based.

### Redefining Leadership

- ❖ The world is in flux and changed dramatically in the last five years. Trust is tenuous. 70% of the workforce is disengaged & stressed. Disruptive change is constant. Polarized thinking causes some to dig in their heels, clinging to old paradigms while being pressured to do more, faster, with new tools and fewer resources. Even the highest performing people find themselves unable to relax or think beyond the tasks at hand.
- ❖ As conditions change, so have expectations. Across generations people are seeking female and male leaders they can trust and care about their well-being. At all levels, leaders must be professionally competent while focused on leveraging talents for the greatest impact. They have to balance action with the ability to relate to and nurture others. This is not easy!
- ❖ Since 2003, Cheryl Alexander & Associates has been developing extraordinary leaders who fuse the best of hard and soft leadership skills to meet the needs of now. Become part of our movement!

### Coached Leadership Councils (CLC) & Virtual Power Breakfasts (VPB)

- ❖ CLC meets one morning a month at the Mpls. Women's Club from 7:30 to 10:00 AM
- ❖ VPB meets virtually one morning a month from 7:30 to 8:30
- ❖ We create immediate connections to build trust, respect, curiosity and a desire to be together
- ❖ We engage heart & mind in a powerful way embracing you as a whole person
- ❖ Our focus is on what matters to you and what's needed to maintain optimum performance long term
- ❖ Leading edge dynamic material is guided by a Master Coach
- ❖ Your goals, knowledge and insights are supported by accountability partners creating new mental wiring leading you to lasting transformative results which will be there when you need them most.

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**Cheryl Alexander & Associates**

*Leaders Engaging Hearts and Minds*