

# THINK LIKE A CHEETAH

## SURVIVING AND THRIVING IN THE CORPORATE JUNGLE

This workshop was designed especially for women.

We've been coaching women in Fortune 500 companies for 25+ years and we *know* the issues.

Developing a skill set that allows you to progress with graceful dignity and without becoming more "male" in your responses is important to YOU and to your organization!



What's a Cheetah got that you haven't?

Strength? Stealth? Independence? Cunning? Grace? Elegance? Yep, this creature seems to have it all!

## WHY FOCUS ON WOMEN?

Because our world needs us! Seriously! We bring different assets to the game and so far, it seems that few people understand just how important those assets are to the future.

What assets? Some of these might just surprise you, partly because you may have attempted to camouflage these unique strengths as you tried to compete in a male dominated world.

Women are often highly intuitive. They have little tiny feelers which make them sensitive to the nuances and emotions in situations. They are frequently extremely courageous. Like a mother bear protecting her cubs, they will often sacrifice their own safety in order to do the right thing. They can be persistent and tenacious when lesser beings might give up. Seems as though these mighty creatures would not need any help.

Sadly, many women struggle to find their voice. Many are condemned for being too emotional, too wordy, and too sensitive. We might call the same behaviors passionate, or enthusiastic in a man. Many women speak of the need to act tougher, be more concise, to ignore their feelings.

So what does that have to do with this workshop? It's time we help these courageous multi-tasking machines to find and leverage all of their assets.

**Think about a Universe where you are treated with respect because you are a woman!**

Think it cannot happen? Think again!

### **Q: How can a woman create such respect?**

A: By learning how to leverage her inherent strengths. If she learns to effectively use her intuition, her tenacity, her creativity, she can become so integral to the results that others seek her out *before* they make decisions. When she learns to manage the energy of a situation instead of falling into the traps of trying to convince others she is right, it will become harder to resist her power. What does it mean to manage the energy? Imagine that you were riding a horse that was running away with you. Rather than trying to pull back on a 1200 animal to stop it, think of turning the horse in a circle and letting the energy dissipate. You simply grab one rein and hang on as the horse turns and turns until it quits. Learn to do THAT with the issues you face every day and others will see a difference. They will want to be around someone who elegantly turns "situations" into opportunities.

### **Q: How do I compete for jobs that seem to "belong" to men? Don't!**

Your energy should not be used to compete with men. Your focus is to become so unique that you are the ONLY person

considered for a role. Don't think JOB....think destiny. Consider the designer at Microsoft who fought to be heard for years. Suddenly, when it became clear that something different was needed (and she had stayed true to herself through all the challenges), she was the only one they thought could do it!



"Sometimes, all it takes is a LOOK!" Toni Lynn Chinoy

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feeling as opposed to what they are saying. We focus on the vision for the results you want instead of just the results. (Numbers can be so boring, don't you think? We like to create a complete impression of success rather than just the numbers.)

We used our time well. We learned what worked and what was just words. We taught our clients how to use their intuition to understand what was really happening. We taught them how to know when to hold on and when to "LET GO". We wrote an entire text (and then of course training programs) on how to Handle Critical Moments with Grace.<sup>1</sup> We wrote extensively about how to manage bullies, the energy behind all communications, the forces you bring into any exchange and how work with them.

This workshop offers a sampling of all of this and more. You will walk away knowing there is a lot more to life and careers than you thought. And you will begin a journey that will last you the rest of your life!

## LET IT FLOW

Come learn with other women just how to claim your power. Become the strongest, most independent, clever being in your jungle. This workshop will give you ideas, attitude, and skills....others may soon be asking for your secret.

### Q: What if everyone already thinks I am too emotional?

A: No problem! Why not? Because, if you have already lost credibility in some way, you have nothing to lose. Yes, you may need to move on because of history, but wouldn't you rather practice your new skills before you do? And you just might surprise yourself *and them* when they start turning to you for wisdom without even realizing it.

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*"When a woman finds her own unique power, she doesn't "compete". Others will naturally see her for the role that most embraces her qualities!" – Toni Lynn Chinoy*

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## WE'VE GOT LOTS TO SHARE

We've been working with women just like you for almost thirty years. We've also worked with a lot of men. It's funny how over the years our client mix has become more heavily populated by women. Why? It could be as simple as a woman is much more likely to ask for directions. Or it could be more complicated.

We believe that women as models for Leadership might just be our next social evolution. And we strongly believe that "Think Like a Cheetah" can help. We have developed an extensive curriculum based on the obstacles our clients ran into again and again. We don't teach you *what* to communicate! We teach you *how*! We teach you how to feel what others are

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<sup>1</sup> Handling Critical Moments with Grace by Toni Lynn Chinoy (can be found on Amazon.com or purchased through our office 540-636-4890)

## DETAILS

If you think your organization would benefit by finding out just what its strongest women are capable of, set up one of these workshops for them. Cheetahs are not for the “faint of heart” so consider carefully before you sign up!

Length: one day

Cost: \$5000 plus expenses (intro price only):

Note: If you would like to put a larger workshop together, talk to us.

Bonus: one year membership in Lucky YOU! Level I for all participants. Your participants get access to our newsletters, our quick fixes, our Q and A and others. This is a \$60 value per participant!

All of these skills and content pieces will be applied to YOUR real situations.

Content:

- I. Develop your intuitive skills
- II. Learn to manage the energy of any interaction
  - a. Forces and Influencers
  - b. Managing your own emotional reactions
- III. Skills for responding to Bullies
- IV. Learn to build trust with your allies and even your nemesis
- V. Learn the elements of handling tough situations with GRACE
- VI. Get to know some other very powerful jungle creatures much better!!Independent is great, but knowing other powerful ladies might just be *another* asset!

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