

## List of AL Services

### 1. Broad-Based Coached Leadership Development

- ***INTEGRATED LEADERSHIP*** – 6-24 month coached process
  - Two 16 hour training sessions, 4 months apart
  - Two 1-hr 1:1 coaching sessions per leader, per month
  - Quarterly 360° Assessments
  - 4-hour Follow-up Sessions

*Flexible to meet client needs*

### 2. In-Depth Communication Skills and Behavioral Training

- ***Leadership By Influence*** 12 hours
- ***Integrity and Teamwork*** 16 hours
- ***Communication Skills*** 16 hours
- ***Leadership and Teamwork I & II*** 24 & 32 hours
- ***Sales and Negotiations*** 24 hours
- ***Customer Service*** 24 hours

*Trainings are conducted in 4-hour blocks and can be customized to meet client needs*

### 3. Behavior Based Safety

- ***LeadSafe I*** 24 hours
- ***LeadSafe II*** 24 hours

*Trainings are conducted in 4-hour blocks and can be customized to meet client needs  
Over 60 training modules and 30 hands-on practice sessions available*

### 4. Short Courses (2-8 hours)

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| <ul style="list-style-type: none"> <li>• <b><i>Communicating for Engagement &amp; Cooperation</i></b></li> <li>• <b><i>Power of Integrity and Accountability</i></b></li> <li>• <b><i>Leading Different Personality Types</i></b></li> <li>• <b><i>Decision-Making and Prioritization</i></b></li> <li>• <b><i>Leading Productive Meetings</i></b></li> <li>• <b><i>Effective Problem Solving</i></b></li> <li>• <b><i>Collaboration and Teamwork</i></b></li> <li>• <b><i>Overcoming the 5 Dysfunctions of Teams</i></b></li> <li>• <b><i>Email Communication and Efficiency</i></b></li> </ul> | <ul style="list-style-type: none"> <li>• <b><i>Negotiating for Success</i></b></li> <li>• <b><i>Time Management</i></b></li> <li>• <b><i>Balanced Feedback</i></b></li> <li>• <b><i>Achieving High Performance</i></b></li> <li>• <b><i>Ethical Conduct (Values in Action)</i></b></li> <li>• <b><i>Diversity/ Hostile Work Environment</i></b></li> <li>• <b><i>More Effective Safety Conversation</i></b></li> <li>• <b><i>More Effective Performance Conversation</i></b></li> <li>• <b><i>More Effective Discipline Conversation</i></b></li> </ul> |
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### 5. Coaching

### 6. Consulting

### 7. Leadership, Safety, & Quality Assessments

### 8. Meeting Facilitation

### 9. Instructional Design

### 10. Speaking Engagements

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**ACCELERATED  
LEADERSHIP**

*Raising the Standard through Training and Coaching*