CUSTOM FIT TRAINING
& WORKFORCE DEVELOPMENT

IN PARTNERSHIP WITH
Leadership Lift

EMPOWERED LEADER

Workshop Series

4-hour workshops, from 8 am - 12 pm, designed to develop and enhance the fundamental skills of new and aspiring leaders, as well as support those who have been in leadership positions without the training that is key to supporting their success.

Cost: $150/session **Custom Fit Cost:$90/session**

2026 Schedule

January 13
Leadership Fundamentals
February 10
Effective Communication
March 10
Emotional Intelligence & Difficult Conversations
April 14
Managing Conflict & De-Escalation
May 12
Leading Through Change
June 9
Goal Setting & Coaching to Performance
August 11
Employment Law for Leaders with Jonathan Driggs
September 8
Managing Projects & Priorities
October 13
Business Writing
November 10
Effective Presentations

Ogden-Weber Technical College
BDO Campus
918 West 2nd Street
Ogden, UT 84405



January 13 - Leadership Fundamentals -
Transitioning from an individual contributor to a leader is the first step in your success. Develop the skills to develop your team members to be confident and effective in their roles.

February 10 - Effective Communication
Communication skill in business is the abilities to deliver and receive information effectively in the workplace. They are essential for supporting team collaboration, giving, and receiving clear feedback, and encouraging creativity. Learn about primary and secondary communication styles, as well as the influence of non-verbal communication.

March 10 - Emotional Intelligence & Difficult Conversations
Emotional Intelligence (EQ) is a skill that gives you the ability to be aware of your own and other's emotions and to manage your emotions to optimize your professional and personal relationships. EQ (emotional quotient) counts more than IQ (intellectual quotient) or expertise for determining who excels at a job – any job. Using your emotional intelligence is core to managing difficult conversations.

April 14 - Managing Conflict & De-Escalation
Where there are people there will be conflict. Managing conflict effectively begins with recognizing your personal reaction to it and that it can be a catalyst for positive change. With effective communication, you learn to manage conflict in a positive and productive manner. Learn techniques to use differing styles in each situation to resolve conflict and develop de-escalation skills.

May 12 - Leading Through Change
Change is one constant that we all deal with. Gaining the skills to anticipate and lead change with your teams provides the opportunity to guide through the upheaval.Whether change creates minimal impact or major disruption, understanding the dynamics of change will allow you to move forward in a more productive and positive manner.

June 9 - Goal Setting & Coaching to Performance
Coaching to goals is an ongoing process that requires continuous reflection and evaluation. Setting goals helps gain clarity, focus, and direction. Effective coaching meets each of your team members where they are and helps develop the skills needed for success in their roles. Goal setting helps to determine the measurable outcomes you want to achieve in the future and gives you a plan and path to achieve those goals. It lets you measure progress and stay motivated and helps beat procrastination and achieve more.

August 11 - Employment Law for Leaders with Jonathan Driggs
Your supervisors, managers, and executives have the most day-to-day interaction with employees, yet they usually know the least about employment laws. This results in a tremendous amount of your company's legal liability in the hands of the uninformed. The best way to reduce a company's liability risk is to get the information in the hands of those who need it the most: your supervisors, managers and executives.

September 8 - Managing Projects and Priorities
When juggling the many tasks of a leader, learning how to prioritize and manage your time allows you to lead and complete projects effectively. Learn the basic principles of project management as well as multiple tools to prioritize and manage your time in a productive manner.

October 13 - Business Writing
Often as leaders, we must communicate in writing for many different purposes. It could be placing an order, a corrective action, professional development, congratulations, executive response, etc. Grammar, punctuation, and effective messaging reflect you as a leader. Learn how to avoid many common mistakes and elevate your written communication.

November 10 - Effective Presentations
Whether it is a 5-minute shift change meeting or a presentation to the executive board, the principles are the same. The ability to deliver information effectively is crucial to leadership success. Learn to organize your ideas to effectively present in any environment.