



Agenda

Click [here](#) for additional training and schedules.

Three-Dimensional (3D) Leadership

Instructor(s): Traci Duez

Prework: Yes

Length: 3 days

CEUs: 2.1/see below for PDU breakdown

Level: Intermediate

Training Topic: Leadership Development

Subtopics: Resource Management, Leading Project Teams

Training Description:

Have you ever wondered why project managers seem to consistently complain about the same problems? Are you tired of the same challenges recurring on each of your projects? Sadly, most project managers and leaders are churning because they are not focusing on the true problem; they are focusing on the symptoms. Finding solutions for the symptoms (i.e., troublesome behaviors) doesn't solve the root cause of the problem.

In this training, you will learn how to better solve the root causes of problems. You will discover the “what” and the “how” of leading in all three dimensions—head, hands, and heart. Leadership isn't merely about changing the behaviors of the human “doing.” Exceptional leaders also know how to transform human minds and human hearts. Join us to discover how the best leaders don't shy from emotion, but rather embrace emotion as a tool. You will learn the T.E.A.R. model of motivation to impact the minds of your team members. And when it comes to you, we will measure all three dimensions of your life and you will learn how to use your thinking, feeling, and doing talents to become a more powerful, impactful, and authentic leader.

Learners will be required to complete a three-part assessment prior to the training. The cost of this assessment is US\$125 and will be charged at checkout. The assessment cost is nonrefundable.

Learning Objectives:

Upon completion of this training, learners will be able to:

- Discover how to use a DiSC behavioral assessment to improve communication.
- Apply the seven dimensions of motivation to influence behaviors and actions.
- Integrate the T.E.A.R. model into their self-leadership and leadership (thoughts – emotions – actions – results).
- Measure and practice using their best emotional intelligence (EQ) and thinking habits (VQ).
- Create purpose, reclaim power, and raft a plan for becoming a three-dimensional leader.

AGENDA

Day 1:

- | | |
|---|---|
| <ul style="list-style-type: none"> • Introduction to 3D Leadership <ul style="list-style-type: none"> ○ Definitions ○ Traits versus states ○ Head, hands, and heart • Behaviors (Hands) <ul style="list-style-type: none"> ○ Review participants' DiSC profile results ○ Group exercise on discovering another's DiSC style(s) ○ Leverage each style in communication | <ul style="list-style-type: none"> ○ Role-play influencing each style ○ Create a personal cheat sheet • Power of Emotions—Understand the T.E.A.R. Model <ul style="list-style-type: none"> ○ Discover why most models for change don't work ○ There are no positive or negative emotions ○ Study <i>Atlas of Emotions</i> website ○ Increase emotional vocabulary |
|---|---|

Day 2:

- Motivators (Heart)
 - Review participants' values/motivators report
 - Learn all seven motivational styles and 14 driving forces
 - Group exercise on driving forces
 - Case studies on team motivation
- EQs (Emotional Intelligence)
 - Introduction to EQ

- Review EQ capacities and EQ readiness scores from assessment
- Thinking and Valuing Habits (Head)
 - Introduction to neuro-axiology
 - Review VQ profile; jump-start report
 - Individual exercises; complete primary biases worksheet
 - Complete primary assets worksheet
 - Rewrite your story

Day 3:

- Application of T.E.A.R. Model
- Using Head, Hands, and Heart to Lead Better
 - Confronting with confidence
 - Group exercises and role-playing for increasing project sponsor engagement
 - Addressing and motivating a low performer

- Pulling It All Together
 - Creating your purpose
 - Reclaiming your power
 - Crafting your plan
- Using the Head, Heart, and Hands to Shape Your Stories to Inspire and Lead
- The Power of Celebration

Professional development units (PDUs) are 1-hour blocks of time spent learning, teaching others, or volunteering. By attending this training, you will be able to achieve the following PDUs as learning hours to apply for PMI certification or to maintain your certification status with PMI. [View](#) how your PDUs align with the PMI Talent Triangle®.

	Technical	Leadership	Strategic	Total
CAPM® / PMP® / PgMP®	0	21	0	21.00
PMI-ACP® / Agile*	0	21	0	21.00
PMI-SP®	0	21	0	21.00
PMI-RMP®	0	21	0	21.00
PfMP®	0	21	0	21.00
PMI-PBA®	0	21	0	21.00

**Please note that the asterisked row above applies to the PMI® Agile Certification Journey and includes DASM™, DASSM™, DAC™, and DAVSC™ certifications.*