

Dodging Your Shadow: Unleashing Your Per

An Experiential Leadership Training from
Pneumos LLC



The Problem: In recent years, there has been a lot of talk about strengths-based training and the need to help leaders to focus exclusively on those areas where they have strong proficiency. While we don't disagree with the idea that leaders should honor their strengths, we firmly believe that the most effective leaders should also take a clear-eyed view of their developmental opportunities in order to grow. For some leaders, their development has been hampered by the nagging phenomenon of "imposter syndrome."

The Solution: Limiting beliefs can plague any professional, and studies show that 70% of the U.S. workforce has suffered from imposter syndrome at some point in their career. In this learning lab, we use storytelling techniques to help today's leaders address the "shadow self" in order to reach their full potential - one that is based on their core values and a deeper understanding of what their true purpose in life is.

Practical Applications for Dodging Your Shadow:

- ★ You feel burdened by limiting beliefs → Identify them in order to release them.
- ★ You suffer from "Imposter syndrome" → Recognize your strengths.
- ★ You want to "remember" your purpose → Discover your true core values.
- ★ You are ready to create the life/career you want → Take intentional steps.

Praise: "Pneumos is doing needed work in organizations today where connection, empathy, and listening are essential skills more than ever for teams. Working with Joel and his team has been a true partnership to design a learning experience where participants get a genuine workout in practicing listening and empathy building. The result is that they are able to better connect to the narrative happening in front of them, make better decisions, and take more sound actions." – *Phyllicia Jones, Director of Talent Development at PagerDuty*

About ThirdStory Revolution: We are the storytelling brand of Pneumos LLC that uses strategic storytelling to stimulate leadership development and transform workplace culture. The brainchild of a creative who deploys imagination and innovation to address organizational dynamics, Pneumos leverages the power of narratives to help create more energized and inclusive work environments.

Our Theme: The most powerful story in any organization is not the story we tell ourselves or glean from each other, but the story we build together to create sustainable organizations. Use the power of story to revolutionize how you do business.

Talk with us about bringing Story Listening to your organization:

