



SHOW UP STRONG



Build Your Authoritative Presence Through
Assertive Thinking and Conflict Readiness

www.criticalvictories.com/showupstrong

SHOW UP STRONG when confronted with the most challenging situations and personalities. Be relaxed, confident, and effective when everything is on the line and only your best will be enough.

DETAILS

- An online, on-demand learning experience
- 9 hours of high-quality content
- High-impact, self-paced, and easy to follow
- Downloadable learning plan and manual
- Recorded lectures and conversations
- Growth-driven exercises and assignments
- Implementable strategies and solutions
- Final certificate of completion

LEARNING OUTCOMES

- As a participant of our program, you will experience remarkable gains in your potential and capacity to:
- Sound, look, and act like someone worth listening to
 - Deal effectively with the most difficult people
 - Remain relaxed and poised under pressure
 - Recover quickly when things don't go your way
 - Stop beating yourself up over past embarrassments
 - Engage effectively in conflict and disagreements
 - Understand the natural traits that drive human behavior
 - Resist the lure of arrogant or dominant behaviors



JOHN M. COLLINS MA, SHRM-SCP

John M. Collins is the creator and facilitator of **SHOW UP STRONG**. He is a professional coach specializing in working with people, teams, and organizations in authoritative, high-responsibility occupations. Prior to starting his coaching practice, John served as a forensic scientist, forensic laboratory director, and system director, working through some of the most challenging circumstances imaginable. John has a master's degree in organizational management and holds a formal HR certification from the Society for Human Resource Management. He was formally trained by Gallup and the College of Executive Coaching and has worked with clients in various industries in the United States and overseas. John is the author of several books, including *The New Superior - A Better Way to Be the One in Charge*. He works and lives near Detroit.

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Program Summary

- 1** SHOW UP STRONG is a 9-hour, online, self-paced, on-demand professional **training program** for experts in authoritative, high-responsibility occupations seeking to perform better under pressure.
- 2** Participants are **guided through individual training modules** supported by videos, articles, personal exercises, and other resources designed to facilitate personal growth and reflection.
- 3** The program is designed and facilitated by a **trained, professional leadership coach** to expand the ability of participants to confront challenging situations and personalities with greater effectiveness.
- 4** Participants will complete the program armed with specific strategies and solutions that are based on a **positive-mindset**, one that embraces conflict and challenges as opportunities for progress.

Learning Topics

- Being prepared for anything and anyone
- Evaluating your authoritative presence
- Overcoming threats to your credibility
- The art of assertive thinking
- The 34 themes of human talent and strength
- The 4 leadership domains (styles of influence)
- The 5 dimensions of human personality
- Elements of an authoritative presence
- Coping with difficult people
- Arrogance and narcissism
- Criticism, chaos, and control
- Verbal and physical expression strategies
- Effective conflict engagement techniques
- Building and refining your expertise
- Earning trust as a thought-leader
- Embracing pushback and skepticism
- Keeping your expectations reasonable
- Reflexive dominance and subordination
- Chronic shame
- The power of poise



Isolation and deflated confidence are painful consequences of engaging with challenging personalities and situations without being prepared or without having the skills, strategies, and techniques needed to be effective when difficult moments require it. But here is the great news: You can build and refine an authoritative presence that allows you to have a positive impact and maintain your self-control despite the pressures you feel.

Time Commitment

This online, self-paced program is designed to accommodate the most demanding of schedules. Participants should expect to commit approximately **9 hours**, which can be flexed according to each participant's needs. The program can be easily completed within one business week without significant disruption.