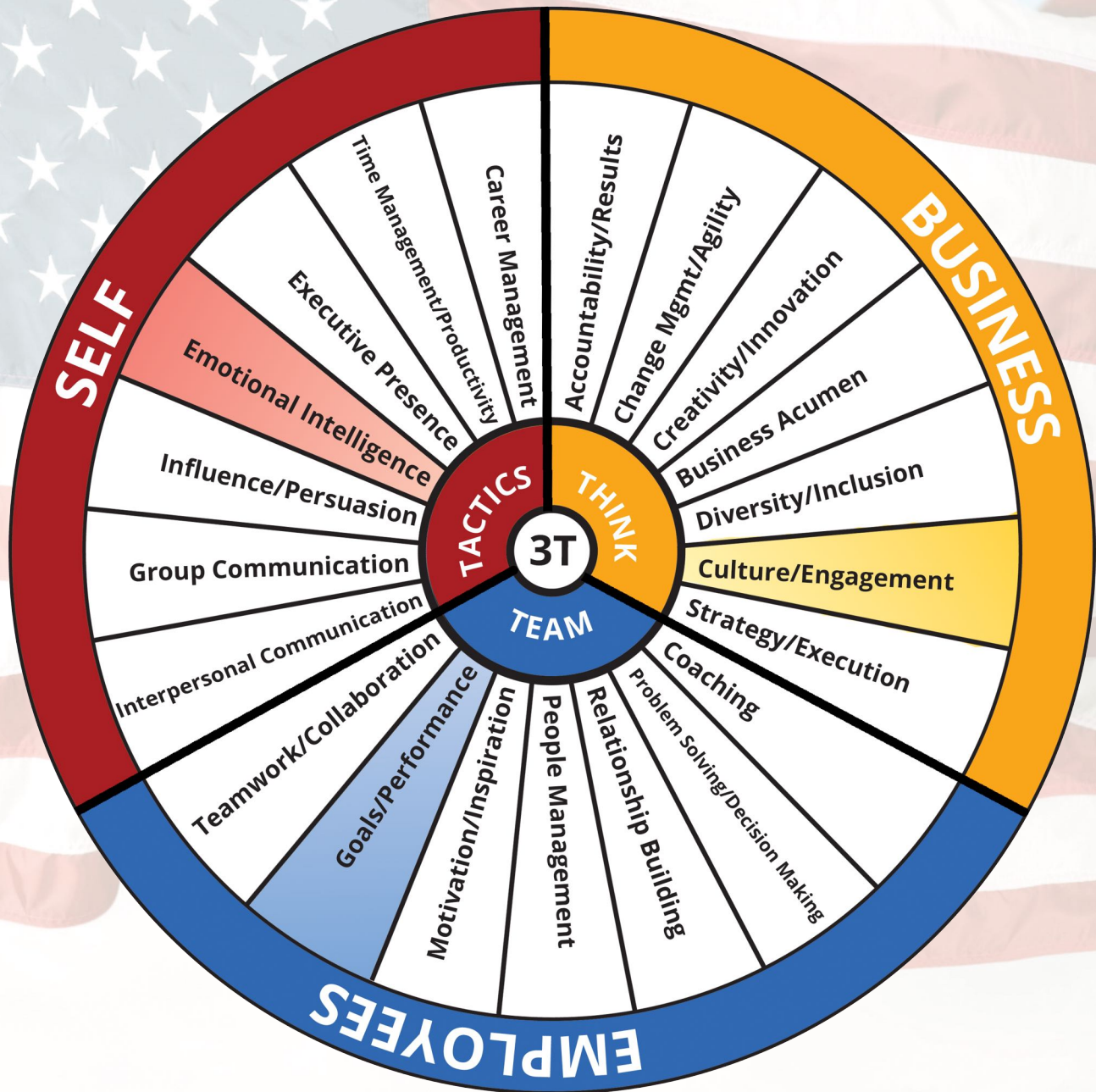


LEADERSHIP USA®

3T Leadership Competency Model

The Master Key to Managing Stress: The Art & Science of Stress Reduction in Times of Change
With Michelle Anne, MBSR, PCC, Acharya, WOSB



MOST appropriate = Level 3 (Leader of Self) = High potentials, emerging leaders, 1st time managers

NEXT appropriate = Level 2 (Leader of Others) = Middle managers, people leaders, frontline supervisors