

INFLUENCE, FOCUS & RESILIENCE

A Young Professionals' Toolkit
for Communicating Up,
Prioritizing Under Pressure,
and Harnessing Stress

RELEVANCE:

Early in your career, you're expected to execute, adapt, and perform, often without clear authority, consistent feedback, or a seat at the decision-making table. Many Young Professionals feel the need to prove themselves, manage heavy workloads, and speak up in environments shaped by experience, hierarchy, and tradition.

This workshop is designed to help you build influence before you have a title, stay focused in fast-moving environments, and develop the resilience to grow without burning out.

DESCRIPTION:

This highly interactive, coach-centered experience blends real-world scenarios from everyday life and the jobsite with practical tools for communication, decision-making, and stress regulation.

Through guided reflection, small-group discussion, role-play, and practical exercises, Young Professionals will build skills they can apply immediately, without needing a leadership title.

KEY OBJECTIVES:

- Increase personal awareness to challenge limiting beliefs and make grounded decisions
- Influence up with confidence by aligning ideas with what senior leaders care about
- Communicate clearly under pressure
- Prioritize effectively in fast-paced, high-demand environments
- Recognize and manage stress before it turns into burnout

PRIMARY RESULTS:

Young Professionals can expect to:

- Feel more confident speaking up and contributing ideas
- Navigate pressure with greater focus and clarity
- Build credibility and trust with senior leaders
- Set healthier boundaries while continuing to grow
- Show up more engaged, resilient, and aligned at work