



creating greatness in relationships

# Building Strong Leaders | Building Strong Teams with ACCCTS

ACCCTS (pronounced "A-Triple C-T-S") are the disciplined "ACTS" or behaviors and commitments required to build truly strong leaders and teams.

## **A = Appreciation**

- The Over-talked but Untapped Power of Appreciation
- The "Magic Ratio" of 5:1 Positive:Negative Interactions
- Transforming Good Relationships into Great Relationships

## **C<sup>1</sup> = Commitment**

- "We All Live Here"
- Being There, Being Present
- Every Team Member a Living Mission Statement

## **C<sup>2</sup> = Creative Coping & Problem Solving**

- Practical Stress Management
- Managing Anger: Lessons from the Masters
- Mental Aikido: The Art of Conflict Resolution
- Understanding and Using "Failure"
- Why Aren't You Playing at Work?

## **C<sup>3</sup> = Communication**

- Deep Listening
- Harnessing the Unparalleled Power of The Validation Chain
- Effective Communication & Human Relation Skills
- The Three Levels of Understanding

## **T = Time Together**

- Managing Time to Maximize Quantity & Quality Time
- Developing a Fun & Productive OC (Organizational Culture)
- Cooling Burnout: Balancing Work & Family

## **S = Spiritual Wellness**

- Working from Integrity to One's Values
- The Power of Balance
- Recognizing & Tapping into "Bardos" Moments
- Skills for Mindful Living

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