

**Leadership** is about [presence](#) and crafting your own **authentic way of being**.  
The path is through **experiential learning** with others..



Each of us has a **unique leader blueprint** waiting to emerge. **Tough Stuff™** is the soil that allows for **expansion**.



You'll Learn **Three Vital Competencies**:

### 1. Leadership

- Increase strength of self-leadership and ability to manage constructively in any tense moment by mastery of a core set of interpersonal skills.
- Build your authentic signature presence.
- Leverage systems thinking to achieve business results.

### 2. Emotional Intelligence

- Practice emotional agility and gain a felt sense of improved awareness and regulation.
- Expand your capacity for empathy and active listening, especially when needed most.

### 3. Group Process

- See systemic patterns and be able to recognize and correct dysfunctional group patterns.
- Pick up tangible ways to create healthy and thriving group dynamics.

**[Tough Stuff™ workshops](#) build engaged leadership in community.**

- Experience 40 years of refined practice, developing agile leaders.

April 27<sup>th</sup> - May 1<sup>st</sup>, 2026

9:00 am — 5:00 pm

[Register: lios.org/tough-stuff](https://lios.org/tough-stuff)



**Leadership  
Institute** of Seattle  
SELF | GROUP | SYSTEMS

Southwest Youth & Family Services

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