

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.

Oct 5th - 9th, 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

10829 8th Ave SW
Seattle, WA 98146