

The Power of First™ Workshop

Reclaim Your Time, Reclaim Your Life

25+ Years

EXECUTIVE LEADERSHIP

1,500+

WORKSHOPS & KEYNOTES

Fortune 1000

PROVEN FACILITATION

WORKSHOP OVERVIEW

Designed for high-performing professionals and executive teams, this hands-on workshop dives deep into setting non-negotiable boundaries, defeating toxic perfectionism, and overcoming burnout. Through diagnostic exercises and peer coaching, leaders learn to prioritize their well-being without compromising executive excellence.

CORE LEARNING PILLARS

1. Audit & Energy Diagnostics

Conduct a comprehensive audit of time, focus, and energy leakages to identify where boundaries are currently compromised.

2. High-Impact Boundary Communication

Master the art of asserting clear, respectful boundaries with stakeholders, clients, and direct reports.

3. Aligning Execution with Values

Realign daily schedules and professional commitments with personal core values for sustainable work-life integration.

ACTIONABLE OUTCOMES FOR PARTICIPANTS

- **Boundary Mastery Playbook:** Frameworks for communicating non-negotiable boundaries with executive stakeholders.
- **Time & Focus Reclaim Matrix:** Tools to eliminate low-value tasks and reclaim 5–10 hours of strategic focus time weekly.
- **Burnout Prevention Plan:** A tailored 90-day plan to maintain Mental Wealth™ amidst competing corporate demands.

ABOUT THE FACILITATOR

Dr. Janet Lockhart-Jones is an internationally recognized leadership expert, master facilitator, and executive coach. With 25+ years of experience guiding Fortune 1000 organizations, she transforms complex group dynamics into practical, human-centered execution.

"Sustainable organizational growth occurs when authentic leadership, psychological safety, and strategic action collide."

— DR. JANET LOCKHART-JONES

DELIVERY FORMATS

- **Half-Day Intensive:** 3.5 – 4 hours
- **Full-Day Masterclass:** 6 – 7 hours
- **Two-Day Retreat/Summit:** Immersive deep-dive
- **Audience:** Executives, High-Potential Leaders, Professional Women, Corporate Teams

BOOKING & INQUIRIES

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