



paaise leadership

MANAGER

INTENSIVE®

FIRST-TIME

## The First-Time Manager Intensive® 1:1 Coaching Program Overview

Transform high-performing individual contributors into exceptional people managers through this premier leadership development program. The First-Time Manager Intensive® provides comprehensive, personalized coaching and training designed to build fundamental management skills.

### Program Components

#### Core Elements

- Proprietary printed workbook with leadership tools and frameworks
- Personalized DiSC® Personality Assessment with detailed debrief
- Nine 60-minute virtual learning modules via PAISE Leadership platform
- Four monthly 30-minute implementation coaching calls
- One-on-one relationship building intro call (30 minutes)
- Final wrap-up session with 90-day action planning (30 minutes)

#### Key Benefits

- Personalized 1:1 attention throughout the program
- Custom learning environment tailored to individual needs
- Live, interactive virtual training sessions
- Ongoing implementation support between modules
- Practical tools for immediate application
- Impact & Results

#### Measurable Outcomes

- Improved team efficiency and collaboration
- Enhanced conflict resolution capabilities
- Strengthened leadership confidence
- Better team performance management
- Increased organizational effectiveness

### Topics Covered

- Transitioning to Manager
- Building Trust & Psychological Safety
- Leading Inclusively with Emotional Intelligence
- Developing Your Leadership Brand
- Understanding Team Dynamics
- Mastering Feedback
- Resolving Conflict
- Building Your Coaching Muscle
- Prioritization & Delegation



### Experiences

**"I've seen improvement in my manager... through this program I've seen it get better and STAY BETTER."**

- Senior Leader, Life Science & Clinical Research Company

**"Very well organized with appropriately outlined content. You brought energy to every session and made them fun."**

- L. Cooper, Henry J. Austin Health Center

**"I gained 4 hours/week in efficiency using conflict resolution techniques that increased team collaboration and trust."**

- H. Johnson, Meta/Facebook

**"The time spent in my 1:1 coaching session is the best hour of professional development in my career."**

- Program Graduate, Manufacturing Company



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PAISE Leadership is a leading authority on building accountable, connected, inclusive, trust-filled teams. We help organizations build cultures of empathy-based accountability by increasing midlevel manager success in growing their teams through coaching and resolving hard things to generate EXCEPTIONAL performance. Our proven leadership approach has helped hundreds of leaders at companies like General Mills and Sara Lee Frozen Bakery increase their overall confidence, influence, and leadership effectiveness by at least 20% within 90 days. We guarantee similar results.