

Corporate Training Program Focuses On How Vulnerability Has Genius, Power And Magic In It

January 31, 2018

January 31, 2018 - PRESSADVANTAGE -

The Strategic Edge, www.strategic-edge.com, is a business set up by Meredith Gardener, Ph.D. in New York, NY. She develops in house corporate training programs that improve communication, emotional intelligence, leadership skills and more. In a new training program, she focuses on the concept that vulnerability has genius, power, and magic in it.

Meredith Gardner points out that almost everyone seems to think that being vulnerable is a bad thing. This is because people believe that it implies defenselessness and weakness. In reality, however, admitting to vulnerability encourages trust and respect in others. This is why she feels that great leaders understand how important it is to show their vulnerability. Ultimately, it is a recipe for success because it encourages open communication.

That said, showing vulnerability is not something that comes naturally to everybody. Gardner has developed methods that focus on key three elements in order to help businesses have open and honest communication, and on leaders showing their vulnerability. Gardner explains: "First, you have to change your view on vulnerability. Sometimes, you have to be the one who just sits and listens, rather than the one taking charge. Secondly, you have to accept vulnerability as a strength, understanding that it is not really a weakness. Finally, you must practice and be a student of vulnerability. It is hard work to change a mindset, after all."

Through her training which is also provided to people in the IT industry, as shown at www.strategic-cio-solutions.com, Gardner can help leaders become better at motivating, encouraging their people to bring new ideas to life as a team. She also believes that leaders must learn to become more empathic by entering the stories of others, something described by author Brandon Sanderson and Harvard's Dr. Howard Gardner.

"Effective leadership is down to two unbreakable laws," adds Meredith. "The first is that who you are is more important than what you do. The second is that vulnerability beats bravado every single time. Indeed, it was Maya Angelou who said 'There is no greater agony than bearing an untold story inside you.'"

For further information on Meredith Gardener and her corporate training programs, people are encouraged to contact her directly through her email, mgardner@strategic-edge.com, or through her LinkedIn profile on www.linkedin.com/in/meredithgardnerphd.

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The Strategic Edge

The Strategic Edge is an Interpersonal Communication Company. Meredith Gardner, Ph.D., is a noted behavioral psychologist, author, speaker & media guest.

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