



Abbey shared amazing and reliable information and stories. She is empowering, down to earth, and absolutely awesome.

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PRESENTED BY:



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ABBHEY DAVIS, MBA

Abbey Davis, MBA is the Director for the Eastin Center for Career Readiness in the Spears School of Business at Oklahoma State University. Before returning to OSU, Abbey worked in the construction and oil and gas industries and most of her experience revolves around organizational and talent development, employee relations, and compensation.

Abbey received her bachelor's degree in management with a concentration in human resources in 2008 and earned her MBA in 2011, both from OSU. She was recognized as one of the Outstanding Young Alumni in 2016 for the Spears School of Business.

Abbey is active with the OSU MBA Alumni Advisory Board and has been a member of the board since March 2013. She has also served as a mentor to students through the Spears Mentoring program.

Topics Include:

Birkman Assessment
Authentic Leadership
Diversity in the Workplace
Growth Mindset

Effective Meetings
Why Discovery Workshop
Employee Engagement
Managing Up



Abbey is a very engaging presenter and uses excellent sources with the program materials.

SELECTED CLIENT ORGANIZATIONS

Chesapeake Energy
Farmers Grain Company
ISNetworld
Paycom
Stillwater Public School Board

CERTIFICATIONS

Birkman Facilitator
Professional in Human Resources
SHRM Certified Professional

CONFERENCE/PROGRAM SPEAKER

OSU UNR Gaming Leadership Certificate
Speaker
#TimesUp Conference Speaker



**SPEARS SCHOOL
OF BUSINESS**

Assessing Your Leadership Style and Strengths (Birkman Assessment)

High performing teams view conflict as an essential element for innovation and change. The key is for the team to experience functional conflict, not dysfunctional.

- Through The Birkman Method, teams are able to develop a common language for how to work together towards a common goal
- You will learn how to embrace the strengths and needs of each other and work towards a higher level of group emotional intelligence
- You will have a better understanding and level of respect for unique differences

Authentic Leadership: Know Thyself to Lead Thy Team

In this workshop we will focus on the components of Authentic Leadership developed by Harvard Professor Bill George and how this leadership philosophy is more important now than ever before. We will also explore some of Dr. Brene Brown's work around values and trust and Margaret Heffernan's work around decision making as it relates to Authentic Leadership.

- Discuss the case for authentic leadership
- Review the four components (self-awareness, relational transparency, balanced processing, and internalized moral perspective)
- Develop your authentic leadership plan

How Effective Meetings Can Save Time & Drive Results

We've all fallen victim to bad meetings at some point in our career; the never ending "round robin," the unproductive rants, the issues that seem to be rehashed every...single...week. The good news is that it doesn't have to be this way.

- Learn at least five different types of meetings that organizations should be having to drive results
- Explore concepts from the book, *Death by Meeting*, by Patrick Lencioni along with other best practices in this workshop
- Walk away with the tools needed to begin the meeting transformation process with your team

Managing Up

The days of uncertainty around expectations and performance are over and it's time to take ownership of your career and development.

- Learn how to become accountable for your personal performance and development
- Identify all of the bosses you answer to, and learn how to effectively communicate with each
- Learn the principles of effective feedback and have the opportunity to practice delivering positive and constructive feedback effectively

Organizational or Team Why Discovery Workshop

In this workshop, participants will walk through an intense series of collaboration exercises based on the book, *Find Your Why: A Practical Guide for Discovering Purpose for You and Your Team* by Simon Sinek.

- Discuss the importance of having a defined Why for your organization
- Learn how you can live out and communicate your organizations Why

Outperforming the Competition Through Employee Engagement

In this session, participants will learn more about the strategic advantages employee engagement can offer and what leaders can do to foster an engaged workforce.

- Discuss the three types of behavior
- Learn how to better leverage employee engagement to drive organizational performance
- Discover what leaders can do to foster an engaged workforce