

Everyone A Leader® with Additional Reflection Trauma-Informed Leadership Training



Everyone A Leader® (EAL) is a 30-hour leadership training program consisting of 15 two-hour workshops grouped into six modules. These interactive workshops equip you with methods and tools to help you become an effective, trauma-informed, facilitative leader.

EAL with Additional Reflection

EAL with Additional Reflection takes our leadership training program one step further with dedicated time for reflective conversations that dig deeper into the complexities of leadership and personal empowerment. Guided group conversations following each module provide a platform for participants to share their unique experiences and challenges in the workplace.

This training is ideal for participants who:

- Are looking for a safe space to share their perspectives
- May need additional confidence in their leadership journey
- Are working on empowering themselves as well as others

Testimonials from EAL graduates

"This is a great leadership tool to use when changing cultures and in a stuck environment. [Gives you the] Ability to get your feet wet in a smaller and safer environment."

"Practical tools that are really truly usable. To identify areas of strengths in your leadership already and ways to grow authentically in your leadership journey. To learn to effectively collaborate with and as a team!"

"If you are offered the opportunity to take this class — JUMP. Especially if Brandi is teaching."

"Trainers were wonderful and patient! No question was ever too silly. They made sure you were comfortable and understood the topic."

"This is an extremely valuable journey that will inspire you, revive you, and give you insights on how to be the best leader you can — no matter where you are. "

3 Ways to Experience EAL

All 6 Modules: The Complete EAL Program

The complete EAL training program includes six modules: Approach, Action, Empowerment, Thinking Together, Big Picture, and Lead Where You Are. Choose this option for the most comprehensive leadership training. Available in-person or virtual.

Custom EAL: Choose Your Modules

EAL modules can be taken separately, based on the skills you are looking to develop and strengthen. The Approach Module is required and is the prerequisite for all others. Choose this module plus any other module(s) to create your own, customized leadership training. Virtual only.

Approach Only: EAL's First Module

The Approach Module can be taken on its own as an introductory training to EAL. Approach consists of two workshops that introduce core elements essential to your leadership approach and offer opportunities to explore and enhance your strengths while identifying areas for growth. Virtual only.

2025 EAL with Additional Reflection Virtual Sessions Schedule

EAL consists of 15, two-hour workshops taught within six modules. Modules can be taken separately, based on the skills you are looking to develop and strengthen. Your journey begins with the Approach Module consisting of two, 2-hour workshops — this module is required and is the prerequisite for all others. After completing the Approach Module, select any or all of the other modules to help you strengthen your skills.

The following workshops will be taught by Brandi Turner, MS, founder of brand “I” Wellness, LLC, Certified EAL Facilitator. EAL Modules and Workshops are online during Central Standard Time.

Module	Spring 2025 Workshop Dates All workshops are 8-10 a.m. Central Time	Fall 2025 Workshop Dates All workshops are 8-10 a.m. Central Time
Approach Two, 2-hour workshops This module is required and is the prerequisite for all others.	A Facilitative Approach Monday, May 5	A Facilitative Approach Tuesday, Sept. 2
	Preparing Yourself Wednesday, May 7	Preparing Yourself Thursday, Sept. 4
Additional Reflection	Monday, May 12, 11 a.m. to noon	Tuesday, Sept. 9, 11 a.m. to noon
Action Four, 2-hour workshops	The Life Method for Action Monday, May 19	The Life Method for Action Tuesday, Sept. 16
	Planning Together Wednesday, May 21	Planning Together Thursday, Sept. 18
	Moving Plans Into Action Monday, May 26	Moving Plans Into Action Tuesday, Sept. 23
	Sustaining Momentum Wednesday, May 28	Sustaining Momentum Thursday, Sept. 25
Additional Reflection	Thursday, June 5, 11 a.m. to noon	Tuesday, Sept. 30, 11 a.m. to noon
Empowerment Two, 2-hour workshops	The Life Method for Empowerment Monday, June 9	The Life Method for Empowerment Tuesday, Oct. 7
	The ALPS Journey Wednesday, June 11	The ALPS Journey Thursday, Oct. 9
Additional Reflection	Monday, June 16, 11 a.m. to noon	Tuesday, Oct. 14, 11 a.m. to noon
Thinking Together Four, 2-hour workshops	The Life Method for Thinking Together Monday, June 23	The Life Method for Thinking Together Tuesday, Oct. 21
	Reflective Conversations Wednesday, June 25	Reflective Conversations Thursday, Oct. 23
	Revealing Insight Monday, June 30	Revealing Insight Tuesday, Oct. 28
	More Thinking Together Tools Wednesday, July 2	More Thinking Together Tools Thursday, Oct. 30
Additional Reflection	Monday, July 7, 11 a.m. to noon	Tuesday, Nov. 4, 11 a.m. to noon
Big-Picture Two, 2-hour workshops	The Life Method for Big-Picture Perspective Monday, July 14	The Life Method for Big-Picture Perspective Tuesday, Nov. 11
	Aligning During Change Wednesday, July 16	Aligning During Change Thursday, Nov. 13
Lead Where You Are One, 2-hour workshop	Your Everyone A Leader Journey Monday, July 21	Your Everyone A Leader Journey Tuesday, Nov. 18
Additional Reflection	Wednesday, July 23, 11 a.m. to noon	Thursday, Nov. 20, 11 a.m. to noon



[Click here to register online](#)
or scan this QR code.

In-person training for your organization is also available.

Please reach out to Brandi Turner for more information at turnerbrandi@gmail.com