



**COMMUNICATION** is vitally important in a business environment. It can drastically affect a team's productivity, creativity, and efficiency. In today's world market, it is essential to have an integrated team that works seamlessly together in an atmosphere of authentic and constructive communication. By utilizing the differences inherent in each individual the team can evolve as a whole to its fullest potential.

We teach people sustainable interpersonal communication skills, which creates large-scale, collaborative change.

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Revitalize the passion and  
inspire the commitment  
of your business team

J. Sita Lewi, LCSW, ACSW  
& Associates

# The Lewi Method teaches teams to strike a balance between personal leadership and group collaboration.

## OBJECTIVES

The Lewi Method focuses on maximizing individual and team potential by:

- Identifying each team member's knowledge, skills, and abilities that contribute to project completion
- Developing team members' self-awareness to help reduce individual and group workplace stress
- Developing teams that openly exchange ideas and that accomplish tasks efficiently with both corporate awareness and cultural sensitivity
- Increasing your team's capacity in examining roles, perceiving one another clearly, and remaining fluid within the various roles needed for productivity
- Teaching the team how to effectively resolve conflicts

**"When you focus and support a team's capacity for open communication then creative productivity becomes the norm."**

—J. Sita Lewi

## OUTCOMES

Team members will:

- Communicate with more honesty and appreciation which results in efficiency.
- Demonstrate more flexible thinking patterns which will improve the team's capacity to complete tasks.
- Experience less stress in the workplace.
- Learn how to effectively manage diversity and conflict while maintaining creativity in a safe and comfortable workplace.
- Perform with more enthusiasm and synergy resulting in a more productive and profitable company.



## FORMAT

Each program is designed to meet the distinct needs of your group, team or company. These training seminars assist teams in integrating new members, identifying resources within the group, and eliminating blocked communication. These methods will open new doors that will help you accomplish your company's mission.

- Consultation about the team's dynamics
- Training and practice for team effectiveness
- Effective feedback tools that enhance individual and team performance and success
- Customized exercises that revitalize team functioning



**J. Sita Lewi, LCSW, ACSW**

Ms. Lewi has over twenty years of experience as a psychotherapist, group leader, and business consultant. Sita enjoys facilitating business teams and working as a management consultant and trainer. She has also served as Assistant Clinical Director at Gulf Pines and Cypress Creek Hospitals. Sita earned her undergraduate and graduate degrees from the University of Houston.