



leadership life

ESSENTIALS INTEGRATION MASTERY

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Course Outline

DAY 1 ESSENTIALS

8AM - 9AM	Introduction / 5 questions	Group dynamic and trust are very important. We have tailored five specific questions that allow the everyone to break down any possible barriers to connection and set the stage for a dynamic learning experience.
9AM - 10AM	Strength based science.	Understanding the science and psychology behind the strength based approach to personal growth, leadership development and communication.
10AM - 11AM	Workshop: Core strengths	Each participant will define their 5 core strengths in a group workshop dynamic using a “strengths deck”. We will identify individual organic strengths and how they apply to our day to day lives.
11AM - 12PM	Workshop: Core Values	Using a “values deck”, as a group, participants will define their top 5 core values and understand how they are connected to their core strengths. Together, we will build a foundation for leadership that is rooted in the language and importance of their use and understanding of strengths and values and how they work together as powerful tools in life and leadership.
12PM - 12:30pm	Lunch Break	-
12:30pm - 1pm	Workshop: Competencies	This section of the program outlines individual participants’ areas of strengths and challenges on a day to day approach within their role. We walk through how to apply their core strengths and their values to overcome these challenges.
1PM - 2PM	Future alignment: Goals, targets, growth	We now guide participants into the tools necessary in order to create an aligned leadership plan to move forward on. ie: goals, targets, growth.
2PM - 4PM	Communication Ninja + Workshop	This section focuses on practical communication tools for everyday/ multi scenario use. We cover everything from learning how to communicate to get better results when things go sideways to giving and receiving effective feedback to 5 communication tools that every leader needs.
4PM - 4:30PM	Review	
4:30PM - 5PM	Homework	Participants will be given work to do between the first session and second session practicing some of the concepts learned in Day 1.

DAY 2 INTEGRATION

8AM - 8:30AM	Review homework	The team will review the interactive leadership assignment given in the last class and discuss the outcomes.
8:30AM - 9AM	Review day 1	Recap the content from the first session.
9AM - 10AM	Defining Leadership	Definitions of leadership vary. One's perception of what a leader is and what they are responsible for can be very different. In this section, we co-create our own definition of leadership. We define what good and bad leadership looks like.
10AM - 11AM	Directional Leadership	Leadership is much more than just top-down. Most leaders are not the number 1 leader. They are leading amongst leaders and on a daily basis will find themselves leading up, leading down and leading laterally. This section focuses on mastering communication, mindset and awareness in order to be an effective leader in all scenarios.
11AM - 12PM	Motivation 101	We study the science of motivation and what actually inspires people and motivates them to bring their A-game. We breakdown practical tools in bringing the best out of people in multiple environments.
12PM - 12:30pm	Lunch Break	-
12:30pm - 1pm	Workshop: Leadership Languages	Everyone communicates in a specific non-verbal language. Individuals receive respect, appreciation and feedback through their language lens. In this section, participants learn their own language and then learn how to understand and communicate in the languages of the people on their teams in order to build trust and get the best out of their team.
1PM - 2PM	Case Study: How leaders change the world.	This is a practical case study on an amazing leader that is virtually unknown, had a hand in changing the world in a dramatic way.
2PM - 4PM	Change and Management	This section focuses on the role of leaders in a season of change. We case study leaders who have navigated a season of change successfully. We also examine leaders who did not navigate change well. We discuss practical tools to integrate into day to day leadership practice while leading through seasons of change.
4PM - 4:30PM	Review	
4:30PM - 5PM	Homework	Participants will be given work to do between the second session and third session practicing some of the concepts learned in Day 2.

DAY 3 MASTERY

8AM - 8:30AM	Review homework	The team will review the interactive leadership assignment given in the last class and discuss the outcomes.
8:30AM - 9AM	Review day 2	We will recap the content from the second session.
9AM - 10:30AM	Workshop: Personal Manifesto	A manifesto is a declaration of intentions, something to be made manifest. It is a proclamation about how things will be. A statement about what is ok and what is not ok. Based on the work we have done up until now, participants will be guided through an interactive workshop to write their own personal manifesto.
10:30AM - 12PM	Workshop: Collective Manifesto	Building on the work from the previous section, we will co-create a manifesto for the group. This manifesto will live as a commitment to the leadership practices and tools we are discovering and putting to practice in this course.
12PM - 12:30pm	Lunch Break	-
12:30PM - 2:30PM	Culture Creator: Theory + Workshop	Leaders create culture. Culture either exists by design or by default. In this section of the course, we get clear on what we want the culture of our teams to look like. We then create a measurable plan on how and when to see that come to life.
2PM - 4PM	Leadership Types: Theory + Workshop	This section focuses on participants individual leadership type. Through an interactive workshop, we define and understand what type each person is and the strengths and challenges that go along with that type of leadership style. We then build a plan to identify and fill the gaps that may exist due to the nature of specific leadership styles.
4PM - 4:30PM	Review	We review all of the learning covered in this course.
4:30PM - 5PM	Q&A + Next steps	It is important that we are clear on what to expect of ourselves as we move forward. In the final segment of this course, we make sure that the group is ready to integrate their learning into their day-to-day roles.

Upon completion, participants will receive a Leadership Life Executive Completion certificate.

