



# ILEAD – IMPACTFUL LEADERSHIP

## CURRICULUM

### MODULE 1: DISCOVERING YOUR PERSONAL GOALS & VALUES – 4 HOURS

- You will be exposed to some of the most fascinating & insightful findings from the emerging Science of Positive Psychology
- You will discover your unique character strengths through a tested framework from the University of Pennsylvania – UPenn called VIA – Values in Action
- You will define your Purpose (Meaning), Vision & Values
- You will create a Personal Action Plan for Success in your life & Career
- Self-Discovery Exercise: VIA Questionnaire & The Meaning Exercise
- Movie/Clips Discussion: Forrest Gump

### MODULE 2: MINDSETS – THE SCIENCE OF PERSONAL SUCCESS – 2 HOURS

- You will learn the latest findings on Mindsets from Stanford professor Carol Dweck
- You will discover your own Mindset whether Fixed or Growth & work on how to change your Mindset from Fixed to Growth
- You will discover the unique connection between Growth Mindset & Leadership Success
- Self-Discovery Exercise: The Mindset Questionnaire, The Framing Exercise
- Movie/Clips Discussion: Zootopia, Up

### MODULE 3: EMOTIONAL INTELLIGENCE & LEADERSHIP – 4 HOURS

- The latest science of emotions
- How your Emotional Intelligence can make you a successful Leader
- Mental Distortions & Disruptive Emotions
- Practical Tools to improve your EQ by changing your thoughts & behaviours
- Self-Discovery Exercise: EQ Questionnaire, The Engaging Exercise
- Movie/Clips: Birdman, Toy Story 3

### MODULE 4: WORKING SMARTER NOT HARDER – 4 HOURS

- Managing Your Time & Your Life
- Using the 4 Quadrant Matrix Model
- The New Science of Self Discipline for success in Life & Leadership
- Practical Techniques for Developing Self Discipline, Habits and Time Management
- Self-Discovery Exercise: 4 Quadrant Time Management Questionnaire
- Movie/Clips: Whiplash

## **MODULE 5: ACHIEVING YOUR PEAK POTENTIAL – 4 HOURS**

- Understanding the Science of Achievement & Peak Potential
- How the revolution in Epigenetics & Neuroplasticity can help you to become the best you can as a Meta-Human
- How Your Thoughts & Imagination affect your behaviour
- Learn how to develop everyday habits for Personal Energy Management
- The emerging science of Modern Nutrition Hacks
- Self-Discovery Exercise: The Achievement Questionnaire, The Energising Exercise
- Movie /Clips: Limitless, The Wolf of Wall Street

## **MODULE 6: LEADERSHIP LESSONS FROM HISTORY'S GREATEST LEADERS – 4 HOURS**

- Universal Principles that shaped the Success of Great Leaders
- Centred Leadership – Based on 10 years' research & field testing at Fortune 100 Companies
- How to lead when you are stripped of power and resources
- Self-Discovery Exercise: The Leadership Questionnaire
- Movie/Clips: Gandhi, Invictus, The Pursuit of Happyness

## **MODULE 7: THE WINNER'S MINDSET OF A LEADER – 2 HOURS**

- The Power of our Beliefs & Mindsets
- The Science of the Pygmalion Effect, Self-Beliefs & Perceptions of Limitations
- Using Storytelling to surface your mindset
- Rescripting self-defeating beliefs – Practical lessons from Logo therapy & Psychotherapy
- Self-Discovery Exercise: The Framing Exercise
- Movie/Clips: Kung Fu Panda

## **MODULE 8: LEADING FROM THE HEART – 2 HOURS**

- The New Science of Love 2.0 as it relates to work and life
- The 4 Dimensions of Love – Benevolence, Compassion, Sympathetic Joy & Equanimity
- How great leaders practised love in pursuit of their causes
- The Science & Power of Forgiveness
- Scientific Techniques for practising Forgiveness
- Self-Discovery Exercise: The Forgiveness Exercise
- Movie/Clips: Schindler's List, Zootopia

## **MODULE 9: BUILDING HIGH SPEED TRUST FOR LEADERSHIP SUCCESS – 2 HOURS**

- Trust & Your Personal Leadership Brand
- The Value of Trust & Principles of Building Trust
- Building Powerful Social Networks through Trust
- Self-Discovery Exercise: Assessment of your Trust Building Strengths & Weakness, The Connecting Exercise
- Movie/Clips: Kung Fu Panda

## **MODULE 10: FINAL PRESENTATIONS ON “MY PERSONAL LEADERSHIP MAP” PROJECT – 2 HOURS**

A Soul-Searching exploration & Testament of Your Future Personal Leadership Journey depicted in the form of a Map with an Ultimate Success Destination & timely sojourns. The Leadership Map will be the culmination of 5 inter-related exercises that you will do to discover the Power of Meaning, Framing, Connecting, Engaging and Energising.

### **APPLICATION-BASED EXERCISES & PROJECTS**

#### **1. THE MEANING & PURPOSE EXERCISE**

Discover your core strengths and tap into them in pursuit of your leadership vision.

- Recognise and use your unique strengths (Values in Action) by reflecting on what energises you and what you value most about yourself.
  - Dig into what really matters to you through visualising your far future and using appreciative questions that help you unblock the path to it.
  - Reflect on your past, your future, and your essence, integrating them to inform discovery of your purpose.
  - Begin to give voice to your vision for your leadership today.
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#### **2. THE FRAMING EXERCISE**

Recognise the frames through which you are currently experiencing difficult or draining situations. Use choice to shift your mindset and broaden your range of behaviours and actions in line with your growth aspirations.

- Become aware of the fears or unmet needs that get triggered in you, knowing that, through acceptance, you regain your power to choose your actions.
  - Access your natural ability to pause in the moment of an upset to see yourself and the pattern of how you tend to react.
  - Make the choice to shift your belief to experience new behaviours.
  - Create your own sustaining practice to help you integrate your desired mindset and behaviours.
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#### **3. THE CONNECTING EXERCISE**

Learn how to build trust, develop your network strategically, forge a close-knit community, cultivate sponsor relationships, and become an effective sponsor yourself.

- Build greater trust, creating greater belonging and meaningful relationships.
  - Develop your desired relationship network and forge communities in service of your leadership vision.
  - Coach your (potential) sponsors to be more effective in helping you make your vision a reality; pay that forward by learning to be a better sponsor.
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#### **4. THE ENGAGING EXERCISE**

Build or expand your presence to live into your intention and discover ways to assess risks and lead positive change in you and your team/s or groups.

- Align your attention with your intention and emotion, allowing others to see you and hear you more clearly through compelling storytelling.
- Enlist the science of hope to balance fear, learning to say no by saying yes first to your priorities and listening to the internal voices that tap into hope.
- Build courage to take risks and bolder actions through tools that help you assess risk.
- Solicit counsel through a “mini-board” process that increases support and coaching.

## 5. THE ENERGISING EXERCISE

Actively manage your own energy sources and uses to refuel in the short and longer term.

- Heighten your emotional literacy, recognising positive and negative emotions and their impact on your energy and your effectiveness at that moment.
  - Cultivate mindfulness through practices that develop your capacity to react and stay present to your experience.
  - Build in daily recovery routines to refill your physical, mental, emotional, and spiritual energy during the workday.
  - Adopt your own sustaining energy practices to renew for the longer term.
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