
In-house Training Outline

(To be further tailor-made according to the client's request)

Leadership Breakthrough (2 days)

DAY 1: 9:00 – 17:30

9:00 – 9:30 Welcome, what you will achieve today?

- What is leadership? What is breakthrough?
- Leading oneself – leading teams – leading leaders
- What you know/what you don't know/what you don't know you know/what you don't know you don't know
- What is your view of:
 - This world
 - Your job
 - Your family
 - yourself

9:30 – 11:00 Interpretation/judgment

- Book demo
- On the court (talk as actions, players) vs. in the stand (talking about the actions; complaining/evaluating/assessment/judgment, spectator)
- A real life case: stock investment
- Bluescope case
- Vicious cycle
- The ladder of inference

11:00 – 12:15 Rackets & strong suits

12:15 – 13:15 Lunch

13:15 – 14:30 Your new possibilities

- Past-present-future
- Goal vs. possibility
- Word vs. world
- Creating your new possibilities: the new possibilities that I am creating for myself and my life is the possibility of ...

14:30 – 15:30 Integrity

- What is integrity?
- Honour your promise
- Behaviours/actions in alignment with your values
- Be your true self

- Re-instore your integrity exercise
- Appreciate

15:30 – 15:45 Coffee Break

15:45 – 17:15 Enrolment

- What is enrolment?
- Enrolment exercise

17:15 – 17:30 Closing & home-work

- Summary & closing
- Homework: write an enrolment letter

Day 2: 9:00 – 17:30

9:00 – 10:00 Sharing enrolment letters

10:00 – 11:00 Complete

- List of people you have been in-authentic with? List of people who have harmed you before?
- Three people game
- How to complete?

11:00 – 12:00 Context

12:00 – 13:00 Lunch

13:00 – 17:00 a 5-step communication model

- Step 1: Empathy listening
 - Listening context
 - Empathy listening exercise
 - Role play

- Step 2: Observation vs. judgment
 - What is your observation?
 - Observation vs. judgment exercise
 - Role play

- Step 3: Identifying & expressing your feelings
 - Feelings vs. thoughts
 - Your feelings?
 - Expressing your feelings
 - Identifying & expressing your feelings exercise
 - Role play

- Step 4: Expressing your needs
 - Feelings vs. thoughts
 - Your feelings?
 - Expressing your feelings
 - Identifying & expressing your feelings exercise
 - Role play

- Step 5: Request vs. demand
 - Requests
 - Demands
 - Request exercise
 - Role play

17:00 – 17:30 Summary & Leadership breakthrough project

- What are your insights?
- Your leadership breakthrough project
- Closing