

# Expansive Leader Training Programs

## Expansive Leader

Executives, VPs, Directors

## Women in Leadership

Executives, VPs, Directors, Senior Managers

## Future Leader

New Leaders, High Potentials

## Resilience Training

All Levels



6 to 8 trainees.

Can be from the same department or from across the organization.



4 to 6 onsite or virtual training sessions occurring bi-weekly.

2 hours/session.



1st Hour:  
Leadership concepts

2nd Hour:  
Moderated discussion about real-life leadership challenges.



Up to 6 hours of private 1:1 coaching for each participant via telephone



100% confidentiality. Participants sign NDAs so what happens in the training room stays in the training room.

## Personalized Learning Journey

The instructor has a 1:1 relationship with each trainee that begins before the first session.

## Formal Instruction Topics

Self-awareness, understanding others (EQ), influence, systems thinking, courage & integrity, consistent practice.

## Peer to Peer Support

Each week, trainees are assigned an accountability partner. In session, trainees learn to support and coach each other.

## Expert Coaching

Trainees receive 1:1 coaching to help them build self-awareness, resilience, and systems thinking skills.

## Multi-week Duration

Formal training weeks are interspersed with reflection and homework weeks. This allows lessons to land for the long-term.

## Certification

Participants who attend all formal training sessions, complete all homework and 1:1 sessions may become Certified Expansive Leaders.