



Emotional Fitness Training for Leaders is a flexible 5-module program for leaders who want to benefit from the key skills of emotional fitness and learn how to bring out the best in themselves and their people.

Start with the foundational module, *Power Listening for Top Leadership Skills*, and build a personalized program for your organization.

Power Listening for Top Leadership Skills

Module 1 is a one-day session that will create the foundation for your emotional fitness program. If you do nothing else, this training will enable you to bring about the changes you are seeking to implement.

Expect to achieve at least the following:

- ✓ **Greater understanding of the effect of listening on the well-being and productivity on employees**
- ✓ **High skill level in listening to others**
- ✓ **More clarity in how to achieve your goals as a leader**
- ✓ **Clearer understanding of your personal attributes and concerns**
- ✓ **A plan to integrate what you have learned in order to bring about positive change.**

Note: Module 1 is a pre-requisite for other modules in the program and must be taken first.

- See reverse for additional modules in the program

Emotional Fitness was developed by award winning author Warren Redman and is described in his books, which include *Achieving Personal Success*, *Recipes for Inner Peace*, *Portfolios for Development* and *The 9 Steps to Emotional Fitness*.

Now, bringing his 30 years experience of work with leaders in hundreds of organizations from multi national corporations to government departments, Warren Redman and his team of EFit Instructors will take a select number of leaders through some of the most powerful developmental learning processes to provide them with the tools that create the leadership needed in a time of intense change with fewer resources.

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Additional Program Modules

Module 1 is a prerequisite and must be taken before any others. Modules 2 – 5 may be taken independently. Select all that are appropriate to you at this time.

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| Module 2 (1 day) | Leaders who Promote Real Learning Learning from Experience |
| Module 3 (1 day) | Bring out the Best Talent in your Team The power of Group Dialogue |
| Module 4 (1 day) | The Inner Balanced Leader Using the Workscale technique |
| Module 5 (1/2 day) | Creating a Culture of Learning from Stories Unleash the power of Storytelling |

Prices for modules vary according to the number of participants you have. As a guideline, an average fee is based on \$500 per day per person with a minimum of 6 participants. We work with you to create a program that meets your needs in terms of dates, numbers, location and objectives.

Call or e-mail to discuss how we can best help you to achieve your goals and create an Emotionally Fit organization through providing your leadership with these proven skills.

Our training is recognized by the International Coach Federation.



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