

THE LEADERSHIP LAB

THE ANATOMY OF EFFECTIVE LEADERSHIP



TRANSITIONS
COACHING  LLC

WHAT IS THE LEADERSHIP LAB?

Sometimes our best intentions to invest in our growth and development are thwarted by the *go-go-go* and *do-do-do* of the everyday.

As leaders, we can often feel challenged to connect—with ourselves, others, and the world around us—in purposeful and meaningful ways. But those connections are critical to effective leadership, especially in today's uncertain environment.

The Transitions Coaching Leadership Lab is a space for leaders to learn, experiment, practice, and grow their leadership effectiveness. By helping you better understand who you are and how you relate to those around you, you'll discover new ways to take action and create change—*for yourself and others*.

PROGRAM STRUCTURE

The Leadership Lab: The Anatomy of Effective Leadership blends facilitated group coaching sessions and focused peer practices. Creating the time and space for introspection and reflection allows new insights to emerge and the opportunity for personal and professional growth.

At the outset of the program, participants will be asked to choose a professional problem that is especially challenging for them. Working with this challenge throughout the Leadership Lab will help guide exploration and experimentation in service of new possibilities and solutions.

The program is held virtually over 7 months, during which you'll have the opportunity to participate in:

- ✓ Twelve (12) 90-minute group coaching sessions
- ✓ Peer coaching practice groups to engage in further exploration and learning, during and between group sessions
- ✓ The EIP3 emotional intelligence assessment
- ✓ One (1) 60-minute individual coaching session to debrief the EIP3
- ✓ Various resources (articles, videos, etc.) for pre-work and homework
- ✓ A lab manual to capture the learnings that will guide development and action

With the structure of a meaningful curriculum and the support of others seeking the same type of development, we're confident participants will walk away with a renewed sense of who they are and why they lead.

“TO MASTER ANYTHING, YOU NEED TO PRACTICE;

TO BECOME MORE EFFECTIVE IN OUR LEADERSHIP, WE MUST CONTINUALLY PRACTICE AND IMPROVE BOTH OUR OUTER GAME AND OUR INNER GAME.”

**—BOB ANDERSON & BILL ADAMS,
MASTERING LEADERSHIP**

FACILITATED FOR ORGANIZATIONS & INDIVIDUALS

THE LEADERSHIP LAB IS AVAILABLE IN TWO FORMATS:

1. FACILITATED FOR ORGANIZATIONS

If your organization is in search of a program that will enhance your collective leadership effectiveness while also attending to individual development needs, we can bring the Leadership Lab to you. Our experienced coaches will facilitate the program internally with a cohort of leaders you identify.

2. FACILITATED FOR INDIVIDUALS

If you're an individual in pursuit of your own leadership development, you can increase your learning and share the rich experience with a group of like-minded peers. Join a cohort of professionals who have opted to participate in one of Transition Coaching's Leadership Labs, offered ongoingly.

PROGRAM ROADMAP

The Leadership Lab: The Anatomy of Effective Leadership guides participants through three modules that help them **Connect to Self, Connect to Others, and Connect to the World.**

1 CONNECTING TO SELF

Understanding Who I Am & How I Lead

Creating greater awareness of the leader you are and the leader you want to be allows you to become less reactive in the moment and more impactful in decision-making and driving results. We explore:

- Why Emotional Intelligence (EI) is so foundational to leadership effectiveness
- Your personal EI, uncovering your strengths and where development will be most impactful
- The importance of self-compassion and self-acceptance when working with seemingly intractable challenges
- The power of self-reflection and taking mindful action

2 CONNECTING TO OTHERS

Understanding How I Relate to Others & Growing My Social Skills

Fostering deeper relationships, greater collaboration, and stronger teamwork helps leaders inspire others to bring their best to work. We look at:

- How to receive feedback in a way that strengthens relationships
- How to give feedback that's meaningful and developmental in nature
- Ways to become a more skillful listener
- Strategies for co-creating the outcomes that matter most by bringing together diverse perspectives, skills, and experiences to generate new ideas and solutions

3 CONNECTING TO THE WORLD

Taking Action & Creating Change

Embracing the complexity of the world and the environment we're working in enables leaders to engage in ways more conducive to creating the outcomes that matter most.

We examine:

- Why the world needs more courageous leaders and how to more confidently step into what matters most
- The key to leadership in a VUCA (volatile, uncertain, complex, ambiguous) world
- How to recognize and skillfully work with the polarities that are most prevalent in leadership today

Most importantly, learning and exploration throughout the program allows participants to create meaningful changes in behavior as they work toward finding new solutions to their most pressing challenges.

Learn more about how to join our next group at transitionscoachingllc.com

AN INVESTMENT IN GROWTH & SUCCESS

- ✓ **Twelve (12) 90-minute group sessions, 18 hours of group coaching**
- ✓ **One (1) 60-minute individual coaching session**
- ✓ **The Emotional Intelligence Profile (EIP3) self-assessment**

Participants also have the opportunity to engage with their peers in the program both inside and outside of the group coaching sessions to deepen learning and explore their presenting challenge in a more intimate way.

TOTAL INVESTMENT: \$5,000 PER PARTICIPANT

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