



# **Personal Leadership Experience *Foundation - Online***

**March – June 2017**



# Successful leadership

*”Successful leadership depends on the quality of attention and intention that the leader brings to any situation.*

*Two leaders in the same circumstances doing the same thing can bring about completely different outcomes, depending on the inner place from which they operate”*

**- Otto Scharmer (MIT) Theory-U-**



# The Personal Leadership Experience

- The Personal Leadership Experience is a personal development program that facilitates people to discover their authentic “inner place” and improve the “quality of their attention and intention” immensely.
  - It assists participants to become aware of what they can do best to create value for themselves and others, what they need in order to do so and how to actually put this knowledge into practice.
  - Results are highly meaningful in the participant’s personal and professional lives leading to increased success, confidence, effectiveness, fulfilment and happiness.
- It inspires them to inspire others by being *their best*



## The program:

- Consists of 8 online, live classroom and Skype meetings with other participants from all over the world.
  - Makes use of small groups (+/- 5 participants) to enhance social learning
  - Is based on learning by doing; little theory, lots of practice + working on personal goals and projects
  - Uses (group)exercises from, amongst others, Harvard, MIT, Nyenrode, and professional leadership development programs,
  - Covers various leadership skills such as time-management, dialogue and listening, goal-setting, decision making, prototyping and networking
  - Uses music, poetry, meditation, film and fun.
  - Is taught in English
- The Personal Leadership Experience is smart, innovative and incredibly valuable.



## Program overview:

Part 1	Reflection and analysis	Skills/ results
Session 1	<i>If it is meant to be, it's up to me</i> <i>- What drives me? -</i>	<i>Reconnect to your dreams,</i> <i>Generative listening and dialogue</i>
Session 2	<i>Energize yourself</i> <i>- What do I need to be my best? -</i>	<i>Time and energy management</i> <i>Work-life balance</i>
Session 3	<i>The Golden Goose</i> <i>- What are my talents? -</i>	<i>Connect to your ambitions</i> <i>360<sup>o</sup> feedback</i>
Session 4	<i>Your Mission Statement</i> <i>- How to combine the above? -</i>	<i>Goal-setting</i> <i>Mission Statement</i>
Part 2	Application and prototyping	Skills/ results
Session 5	<i>Win-win</i> <i>- How to create value? -</i>	<i>Your added value</i> <i>Decision making</i>
Session 6	<i>One</i> <i>- How to focus and communicate? -</i>	<i>Networking</i> <i>Prototyping</i>
Session 7	<i>Inspire!</i> <i>- How to live my Mission? -</i>	<i>Connect to your inspiration</i> <i>Prototyping</i>
Session 8	<i>Go and live your dream</i> <i>- How to help others lead? -</i>	<i>Know how to continue to develop yourself and</i> <i>facilitate others in the same process</i>



## Results of the program:

- Participants know by experience what matters to them, what they need to be their best and what their talents are.
  - Participants know what they want to do with these talents, needs and drives.
  - They are better in making the right choices
  - They are better in setting the right goals
  - They are better in developing themselves
  - They are better in creating structural value for themselves and others
  - *And even better; they already started doing all this!*
- They are well on their way to be a inspiring leader by being *their best*



## What do participants say about the program:

- “The Experience learned me how to organise the way to my goals into my daily life. I am on my way to achieve them!”
- “I will always base my decisions on what I learned during the Experience”.
- “The Experience brought me self-awareness and honesty with myself and the insight that with these, I can bring joy and energy to others.”
- “The Personal Leadership Experience is a mirror for my heart”



# The Essence of the Personal Leadership Experience

*“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be?”*

*You are light. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glorious potential that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”*

**- Marianne Williamson -**





## Practical:

- Participants are professionals and entrepreneurs from different disciplines
- The Experience consists of 8, 2-hour online meetings, including Skype calls with small groups of fellow participants throughout the meeting.
- Time: Wednesday 12.00 – 14.00 CET,
- Dates 2017:
  - March: 8th and 22nd
  - April: 5th and 19th
  - May: 3rd, 17th and 31st
  - June: 14th
- Price: private individuals €495 incl. 21% VAT.  
organisations €495 excl. 21% VAT
- To make this course available for everyone, scholarships are available. Please send an email with your name, motivation and barter proposal worth of €495 to [info@discoveru.nl](mailto:info@discoveru.nl)



## Questions?

The Personal Leadership Experience is facilitated by Esther van der Ham

For more information contact Esther:

- Email: [Esther@discoveru.nl](mailto:Esther@discoveru.nl)
- LinkedIn: [nl.linkedin.com/in/esthervanderham/](https://www.linkedin.com/in/esthervanderham/)
- Website: [www.discoveru.nl](http://www.discoveru.nl)
- Facebook: <https://www.facebook.com/PersonalLeadershipExperience>





DiscoverU is an organization for innovative leadership development. Both in The Netherlands and abroad, we guide leaders and leaders of the future to become aware of their full potential and to apply this authentically in their daily lives to create sustainable value both for themselves and others.

[www.DiscoverU.nl](http://www.DiscoverU.nl)