



## Mentorship Grow Great You

### Objective:

To realise that no matter what position you hold, **you can and should be a great leader**, for yourself and for those around you.

## 5 Sessions At Your Own Pace

Session	Objective	Learning Outcomes
<b>HIGH PERFORMANCE</b>	<i>Developing a positive perspective to become the high performer.</i>	<ol style="list-style-type: none"> <li>1. Realising how simple it is to be a High Performer when we have an understanding of perspective and energy.</li> <li>2. Discovering your very own points of power.</li> </ol>
<b>FULL ENGAGEMENT</b>	<i>Becoming fully engaged and going the extra mile every day.</i>	<ol style="list-style-type: none"> <li>1. Learning how to engage effectively and go the extra mile for yourself and those around you.</li> <li>2. Knowing how to examine yourself regularly, diagnose faults and commit to a better you.</li> </ol>
<b>ENERGY CAPACITY</b>	<i>Optimise your performance with a growing energy capacity.</i>	<ol style="list-style-type: none"> <li>1. Understanding your energy dynamics</li> <li>2. Learning how to build your energy capacity to sustain high performance.</li> </ol>
<b>VISION &amp; BALANCE</b>	<i>Unleash the power of vision and balance to thrive at work and in life.</i>	<ol style="list-style-type: none"> <li>1. Defining your very own reason to be at work and for your lifestyle.</li> <li>2. Connecting your reason with something more than materials.</li> <li>3. Creating the 'Balance House' and vision to further develop that reason and to thrive with a planned mind.</li> </ol>
<b>LEADING</b>	<i>Change, Adapt, Grow and lead yourself and others instead of just managing.</i>	<ol style="list-style-type: none"> <li>1. Growing and expanding your sense of belonging and taking ownership.</li> <li>2. Learning the process to make situational, effective decisions.</li> <li>3. Embracing the magic of learning from your own and others' mistakes.</li> </ol>