



The Experience

The Power of You is a powerful three-day transformational experience designed for mid level and senior leaders as well as high potential individuals. It provides leaders with an opportunity to take a holistic introspective view of their current effectiveness to better understand and gain insight into their core behavioral patterns.

This experience is designed to proactively inspire executives to choose more effective leadership strategies while increasing their confidence and sense of well being on both the professional and personal level.

The program involves a deep personal and professional investment with outcomes that impact the individual, teams and organizations they lead.

A combination of self-discovery and small group exercises are designed to encourage individuals to tap into their core resiliency, seizing the opportunity to re-energize and create their personal vision taking the critical first steps to make and sustain the needed changes.

The Objectives

- Dramatically build leaders' self-confidence and power to realize their full potential to drive results.
- Using a holistic wellness model, assess fulfillment levels on the various aspects of a leader's overall life experience.
- Challenge participants to exit their comfort zone, push through their fears and create a new mindset through deeper self-awareness.
- Expand participants' leadership ability to handle critical challenges faced in their unique roles.
- Build skills in leading all three levels of organizational dynamics – systemic, interpersonal and intrapersonal – to drive their organizations to new heights.
- Gain insights from the small group experience to broaden perspectives and leverage the insights fellow executives bring.
- Capitalize on the benefit of a 1:1 coaching experience focused on leveraging each leader's unique blend of talents and life experiences to refine beliefs and behaviors to enhance results and strengthen their professional brand and personal impact.



This residential experience takes place at Club Continental, a beautifully serene waterfront location in Orange Park, Florida; an ideal location that allows leaders to slow down and leverage the power of nature to reflect deeply before creating actionable plans to increase their self-awareness, personal power and organizational

General Information

QUICK FACTS

- **TUITION** - Corporate: \$2,500.00 USD & Non Profit: \$1,850.00 USD
- **LENGTH** - 3 days
- **AVERAGE GROUP SIZE:** 12 participants maximum
- **FACILITATOR TO PARTICIPANT RATIO:** 1:6
- **LOCATION:** Club Continental, 2143 Astor St Orange Park, FL 32073
(904) 264-6070 - <http://clubcontinental.com>

LEARN MORE, visit
www.myexecutivesolutions.com/Powerofyou.html

Foundational Content

- Holistic Wellness Self-Assessment
- The Journey of Self Discovery
 - Self Limiting Beliefs and Behaviors
 - Family of Influence: Genogram
 - Transactional Analysis
 - Embracing “Just Enough Anxiety”
 - Why Leaders Fail: Hogan Diagnostic
 - Exploring Constitutional Givens
 - Expanding Your Personal Power as a Leader
 - Developing Executive Maturity
- Transforming Your Team
 - Developing Relationships
 - Exploring Communication Strategies
 - The Power of A Story - Communicate with Power
 - Building Influence in Your Organization: DISC Diagnostic
 - Inspiring Your Team
 - Generating Winning Momentum
 - Determining Your Legacy
 - Defining Your Team’s Leadership Brand
 - Sustaining Resilience



*Transform
Yourself,
Your Team &
Your Organization!*