

Leadership Xcelerator

Certificate Program

Complete all four sprints for the LX Certificate.

SandboxSprints™
The Leadership 'Practice Space'
to Transform Emerging Talent
THE SCHOOL FOR **INSPIRING** LEADERS

OVERVIEW



Leadership Training for New Managers and High-Potential Employees (3-7 years experience)

There are four sprints in the **Leadership Xcelerator Certificate Program**:

- Leadership Essentials Sprint
- Communication Sprint
- Collaboration Sprint
- Productivity Sprint

Turn Rising Stars into Leadership Rockstars – Fast

- **Learn and practice real-world scenarios in groups**, build confidence, enhance skills, and receive immediate feedback
- Each sprint is **four weeks**
- **Weekly 90-minute hands-on sessions**
- **Each sprint earns a certificate**
- Complete **all four sprints to earn the Leadership Xcelerator Certificate**
- **Cost: \$1000 per sprint. 4 Pack for \$3000. Save \$1000.** Can mix and match sprints.
- Contact us for session dates.

TOPICS COVERED IN SPRINT	Leadership Essentials Sprint	Communication Sprint	Collaboration Sprint	Productivity Sprint
Effective Communication	✓	✓		
Effective Conflict Resolution		✓	✓	
Effective Delegation			✓	✓
Effective Meetings/ Meeting Audits				✓
Emotional Intelligence	✓	✓	✓	
Engagement & Team Collaboration	✓		✓	
Executive Presence & Confidence	✓	✓	✓	✓
Goal-setting for Impact			✓	✓
Feedback		✓		
Leadership Essentials & Overview	✓			
Negotiations		✓		
Networking			✓	
Presentations / Business Case	✓	✓		
Team Dynamics	✓	✓	✓	✓
Time Management, 80/20 & Productivity				✓

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Leadership Essentials Sprint

Essentials of Leadership Excellence: Build Presence, Drive Value, and Inspire Action

Week 1: Leadership Mindset Mastery & E-Score

Week 2: Develop Your Executive Presence

Week 3: Deliver Value as a Leader

Week 4: Leadership in Action: Your Roadmap to Success

Outcomes:

Develop a strong leadership mindset by building self-awareness, emotional intelligence, and the confidence to motivate teams and drive results.

Key Topics:

- E-Score & Mindset Mastery
- Emotional Intelligence for Team Engagement
- Leadership Action Plan

Communication, Emotional Intelligence, Engagement, Executive Presence, Presentations, Team Dynamics

Communication Sprint

Develop communication basics for clarity, influence and effective feedback

Week 1: Effective Communication Essentials

Week 2: Feedback that Fuels Growth

Week 3: Negotiation & Influence

Week 4: Real-World Communication in Action

Outcomes:

Master communication essentials to influence stakeholders, navigate tough conversations, and foster team growth through effective feedback and negotiation.

Key Topics:

- Effective Communication Basics
- Feedback Techniques for Growth
- Negotiation and Influence Strategies

Communication, Conflict Resolution, Emotional Intelligence, Executive Presence, Feedback, Negotiations, Presentations, Team Dynamics

Collaboration Sprint

Collaborate for Impact: Align teams, resolve challenges and build connections

Week 1: Align Teams Around Shared Goals

Week 2: Resolve Challenges with Confidence

Week 3: Networking for Collaboration and Influence

Week 4: Leading Teams to Collaborative Success

Outcomes:

Strengthen team alignment and collaboration by mastering techniques to resolve challenges, prioritize goals, and build meaningful connections both internally and externally.

Key Topics:

- Conflict Resolution
- Effective Networking
- Team Alignment / Collaborative Leadership

Conflict Resolution, Emotional Intelligence, Engagement, Executive Presence, Networking, Team Dynamics

Productivity Sprint

Master time management, delegation and goal-setting to deliver results and reduce stress

Week 1: Run Meetings that Drive Results

Week 2: Master Time Management & Effective Delegation

Week 3: Set Goals That Deliver Impact

Week 4: Your Productivity Toolkit: Tools for Success

Outcomes:

Maximize leadership productivity with tools to prioritize tasks, delegate effectively, and achieve impactful goals while running efficient, results-driven meetings.

Key Topics:

- Meeting Mastery
- Time Management & Delegation
- Goal-Setting Frameworks

Delegation, Meetings, Executive Presence, Goal-Setting, Team Dynamics, Time Management & Productivity