



Turn Rising Stars into Leadership Rockstars – *Fast*

For Early-Career Professionals and Mid-Level Leaders to Strengthen Essential Skills

A **focused, hands-on approach to developing key leadership skills**—whether refreshing existing strengths or diving deeper into a specific area. Each sprint delivers actionable strategies to apply immediately. Learn and practice real-world leadership in groups. **Build confidence and apply essential skills to improve communication, collaboration, and productivity immediately.**

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				✓

Each sprint includes **4 weekly, 90-minute, hands-on sessions.**

Earn the **“Excellence in Action” Certificate** by completing all four sprints – proof of applied leadership growth that boosts retention and engagement.

Best for:

- **Early-Career** (0-3 yrs)
Build confidence & workplace skills
- **Mid-Level Leaders** (3-7 yrs)
Strengthen leadership & communication
- **High-Potential**
Fast-track career growth

WHICH SPRINT IS RIGHT FOR YOU?

- **Start with Leadership Essentials**
→ Build a strong leadership foundation with an assessment & roadmap
- **Strengthen communication & feedback?** → Communication Sprint
- **Improve team alignment & collaboration?** → Collaboration Sprint
- **Boost time management & productivity?** → Productivity Sprint

DETAILS:

- There are **four sprints: Leadership Essentials, Communication, Collaboration, and Productivity.**
- Each sprint is **four weeks** with **weekly 90-minute hands-on sessions.**
- **Earn a certificate for each sprint.**
- Complete **all four sprints to earn the “Excellence in Action” Certificate** – Recognized proof of professional growth, helping companies invest in employees and boost retention.
- **Cost:** \$1000 per sprint. **4 Pack for \$3000. Save \$1000.** Can mix and match sprints.
- **Ready to enroll your team?** Contact us for session dates and next steps to **streamline enrollment.**

LEADERSHIP SPRINTS

DEVELOP AND RETAIN EMERGING TALENT

TURN RISING STARS INTO LEADERSHIP ROCKSTARS - FAST

FOR EARLY-CAREER PROFESSIONALS
AND MID-LEVEL LEADERS TO
STRENGTHEN ESSENTIAL SKILLS.

- 90-MINUTE HANDS-ON SESSIONS
- COMPLETE ALL FOUR SPRINTS TO EARN THE EXCELLENCE IN ACTION CERTIFICATE.

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:

- **Leadership Growth:** Strengthen mindset, emotional intelligence, and executive presence.
- **Stronger Teams:** Learn how to engage, motivate, and inspire team members.
- **Actionable Strategy:** Create a Leadership Roadmap for long-term success.

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:

- **Clear Communication:** Speak with confidence & clarity in any situation.
- **Feedback Mastery:** Deliver and receive feedback that fuels team growth.
- **Negotiation & Influence:** Persuade effectively and gain stakeholder buy-in.

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:

- **Stronger Team Alignment:** Create clarity in goals and direction.
- **Conflict Resolution Skills:** Navigate tough situations with confidence.
- **Effective Networking:** Build meaningful internal and external connections.

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:

- **Work Smarter:** Prioritize tasks and eliminate productivity killers.
- **Run Efficient Meetings:** Optimize meeting time & decision-making.
- **Delegate Effectively:** Learn how to manage workload and focus on high-impact work.

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

Ready to upskill your team? Contact us to streamline enrollment and develop stronger, more engaged leaders.