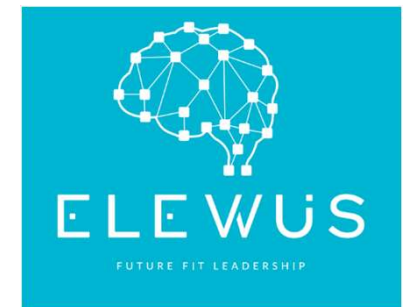


Self-Leadership Development Journey

7 Modules Outline









Why Self-Leadership?

Accelerate your personal growth and become a sustainably high-performing, purpose-driven leader.

The Integral Leadership Matrix

Your Inner Game Defines Your Outer Game

	Inner State	Outer State
I	<ul style="list-style-type: none"> ▪ Purpose ▪ Values, Beliefs ▪ Experiences ▪ Influences ▪ Emotions 	<ul style="list-style-type: none"> ▪ Behavior ▪ Actions ▪ Plans ▪ Decisions ▪ Performance 
WE	<ul style="list-style-type: none"> ▪ Common Purpose ▪ Culture, Values ▪ Morale ▪ Ethics ▪ Unspoken Rules 	<ul style="list-style-type: none"> ▪ Structure ▪ Processes ▪ Rules, Policies ▪ Systems ▪ Impact ▪ OKRs & Financial Results 

Adapted from The Integral Theory, Prof. Ken Wilber, 2014

Our Unique Approach

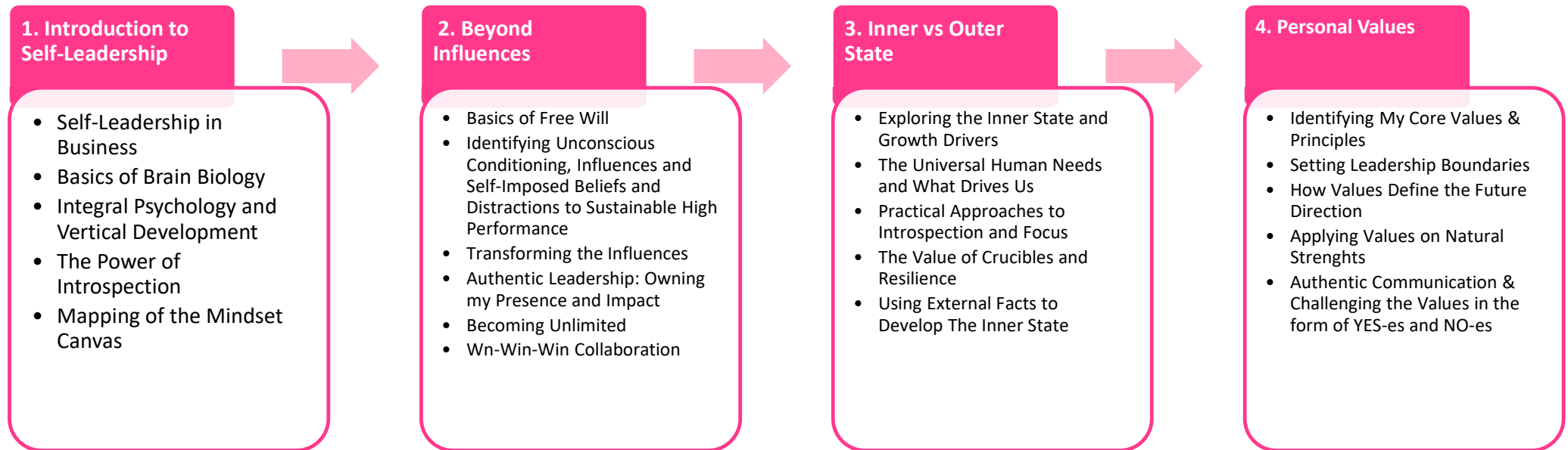
- Self-leadership is a lifelong journey
- This 7 modules program takes you on a 7 weeks personalized transformation journey
- A Mindset Canvas will be mapped in the beginning and at the end of the program to track the tangible results in your performance and impact
- Truly blended and experimental learning techniques
- Intensive: only up to 18 participants in a program; small groups of 3
- Self-organized follow up activities

Benefits

- ✓ Understand **the latest discoveries of Neuroscience**: how the brain works, its potential and how to master your brain biology, instead of being a victim to it.
- ✓ **Identify and transform any influences**, distractions and conditioning that might be holding you back. Become deeply self-aware and able to observe your direction and presence in each moment. You will explore your authentic self beyond any personality tests.
- ✓ **Internalize success and become sustainably high-performing**. Learn how to integrate your authentic mindset, healthy habits and stay in your best state. Thrive in a high autonomy, high responsibility, changing environment.
- ✓ **Live your purpose, empower others & deliver tangible results**. Discover and re-calibrate what truly drives you, what your unique contribution to the world is. Inspire and empower others. Become the driving force behind “beyond-the-profit” positive impact in your business, for your stakeholders.
- ✓ Become a part of a **FutureFIT Leaders Network**.

Self-Leadership Development Journey

Modules 1-4



Self-Leadership Development Journey

Modules 5-7

5. Sustainable High Performance

- Biological & Psychological Laziness: The Pleasure Trap & Procrastination
- Neuroleadership, Flow State Energy & Optimal Self-Efficacy
- Practices & Exercises for Productivity, Body and Mind
- Hacks for Sustaining a Positive Upwards Flow
- Thriving in a High Autonomy, High Responsibility Environment

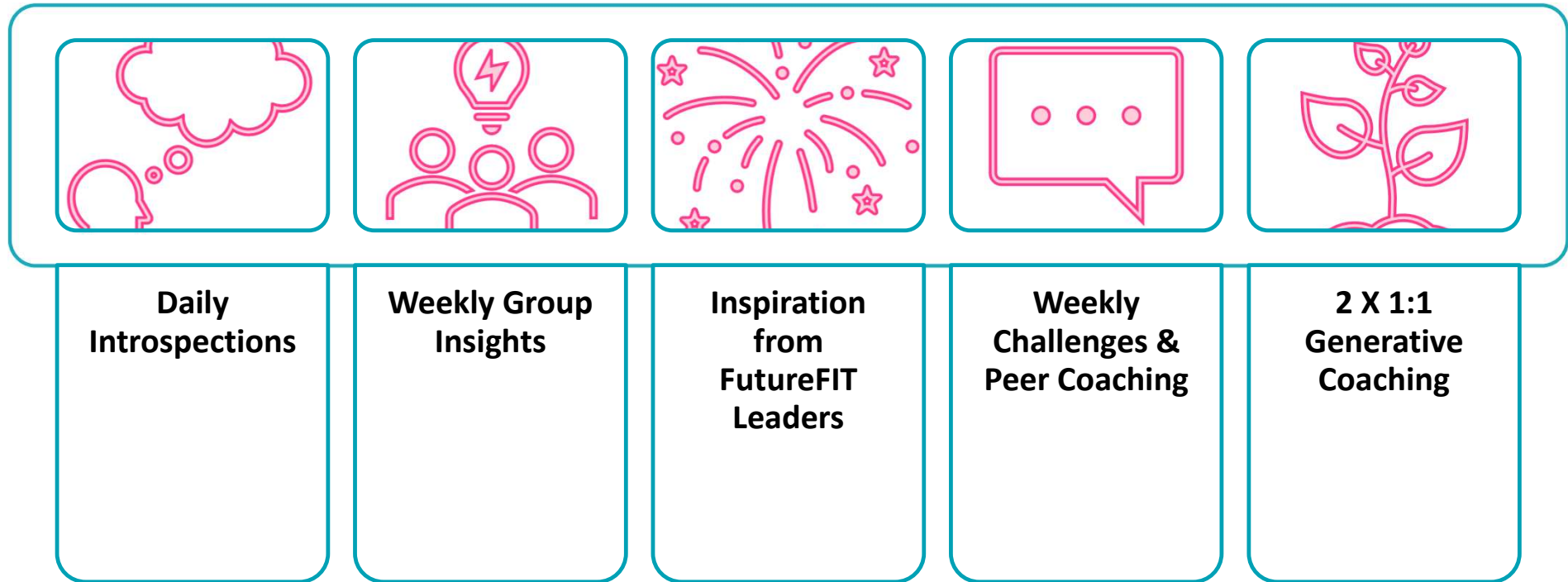
6. Internalizing Success

- Re-Defining Success
- The «Fail Forward» Process
- From Reacting to, to Integrating Contradictions
- Turning Adversity into Opportunity
- Discovering Core Areas of Personal Growth
- Actualizing the New Presence and Inner State of Success
- Self-Leadership OKRs

7. Evolutionary Purpose

- Discovering / Re-Calibrating My Purpose
- Integrating the Purpose and Expanding My Personal and Professional Roles
- The Evolutionary Nature of the Purpose
- Empowering Others to Lead From Within
- Re-Mapping of the Mindset Canvas and Assessment of the Outcomes

Our Blended Development Approach



«I am 51 years old and continuously working on my personal growth. In this workshop I made 3 major personal breakthroughs.»

**Co-Founder & Partner,
Management Consultancy**

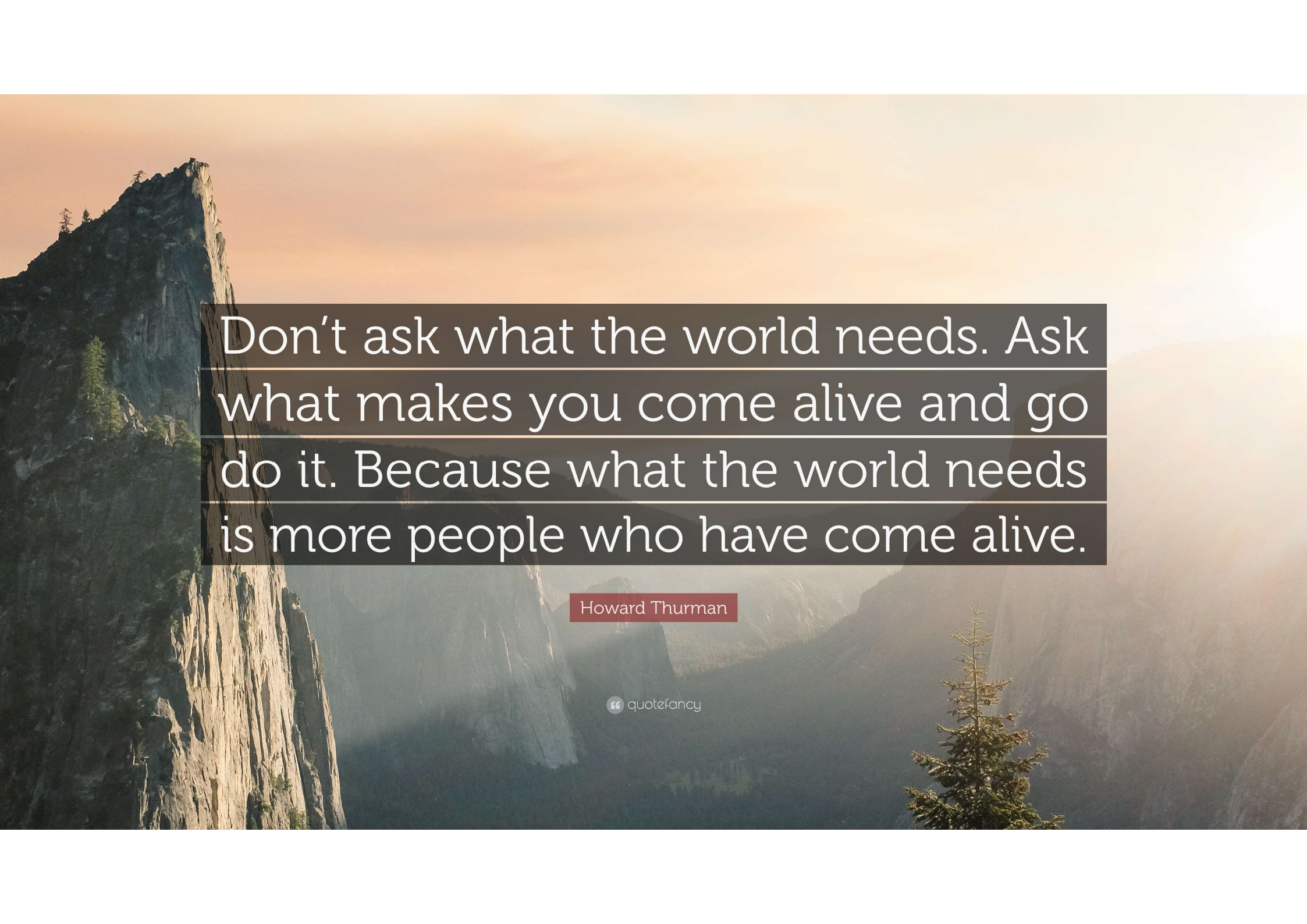
«Simply fresh and inspiring, highly recommend to everyone who wants to take his/her performance to the next level.»

**CEO, Global Tech
Start-Up**

«Have you tried out all kind of self-help techniques and are now ready to dive deeper? Dont look any further, in this course you will transform yourself.»

**Masters of Business Innovation Student,
University of St. Gallen**

What Do Our Clients Say?

A dramatic landscape of a mountain peak, likely El Capitan in Yosemite National Park, under a warm, hazy sky at sunset or sunrise. The image features a dark, semi-transparent rectangular overlay in the center containing a quote in white serif font. The quote is: "Don't ask what the world needs. Ask what makes you come alive and go do it. Because what the world needs is more people who have come alive." Below the quote, the name "Howard Thurman" is written in white sans-serif font on a small red rectangular background. At the bottom center, there is a small logo for "quotefancy" consisting of a speech bubble icon and the word "quotefancy" in a lowercase sans-serif font.

Don't ask what the world needs. Ask what makes you come alive and go do it. Because what the world needs is more people who have come alive.

Howard Thurman

Contact Us:

Elewus GmbH, Switzerland
www.elewus.com
siiri.musten@elewus.com
+41766901619

