

Launchpad

Dare to be brave

INNER STRENGTH
LEADER SKILL
PERFORMANCE
COMMITMENT



Certificate issued by NWU

PURPOSE

To prepare a person to grow inner strength and skills for personal differentiation.

If you wish to achieve worthwhile things in your personal and career life, you must become a worthwhile person in your own self-development. Brian Tracy

VALUES

Care & Morality: We care about one another, nature, relationships, our place of work, and ourselves.

Curiosity: We ask questions, never stop learning, expand on our skill and knowledge base.

Courage & Resiliency: We dare to be brave.

Connection (economy): We cherish relationships because we live in the Connection Economy.

DELIVERY

Duration: Four consecutive days or a configuration of your choice

Venue: In-house at venue of client's choice

Group size: 25-30 participants

Programme could also be offered virtually

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DESIGNED FOR

Leamers, students, graduates, interns, operators, professionals in training, new entrants and supervisors.

HOW WILL YOU GROW?

Know and understand others better
Understand workplace expectations and behave appropriately
Develop emotional intelligence
Become strong through vulnerability
Optimise communication skills
Develop sound relationships
Develop personal power

WHAT WILL YOU EXPERIENCE?

Learn, play, laugh, discover, apply, practice, know and do
Learn from self as one among others
Undertake uncomfortable self-discovery
Practice-by-doing during and after sessions
Capture learning on ME&U
Challenge and be challenged
Formulate thinking

FOR SUCCESS

Presentation of Personal Commitment
Portfolio of Evidence
Attendance of all 4 days
The programme is quality assured by NWU Business School.



LAUNCHING MYSELF INTO GREAT PERFORMANCE:

MAKING A PERSONAL COMMITMENT

2. GETTING MY INNER ME READY FOR MY BIG LAUNCH

1. Emotional Intelligence
2. Vulnerability
3. Diversity knowledge of groups
 - Age diversity
 - Cultural diversity
 - People with disabilities
 - Gender diversity
 - Personality Types
4. Using my energy optimally
5. The power of being positive
6. Happiness
7. Personal power

3. BUILDING SKILLS FOR MY BIG LAUNCH

1. Optimising communication skills
 - Verbal communication
 - Listening skills
 - Written communication skills
 - Body language
2. Time management
3. Followership
4. When I clash with my leader – things to do
5. Networking
6. Etiquette
7. Preparing and participating in meetings
8. How to dress for work
9. Ways to improve your personal branding
10. Understanding the organisation's culture
11. Fit in with the organisation culture
12. Determine your why – reasons for choosing your career

1. THE WORLD I NEED TO LAUNCH INTO

Learning framework

- How to use the programme as a personal launchpad by practicing self-leadership
- Reflection journaling

1. Unpacking the core of the programme
 - Care and Morality
 - Curiosity
 - Courage and Resiliency
 - Connection (economy)
 - The importance of relationships
 - Effective relationships at work
2. 5th Industrial Revolution
3. Hybrid work
4. How to conduct yourself in virtual meetings
5. Ways to make impact at work
6. Being mindful
7. Change and me
8. How to initiate change in the workplace (even if I am not in charge)
9. How can I perform better?

