

INSPIRE!

A 6-day Retreat for Experienced Leaders
January 21-23 & March 17-19, 2008

Who will benefit most?

Successful experienced leaders, keen to learn, already self-aware to some degree, **eager to enhance effectiveness with others and to inspire their people for higher engagement.**

Program Overview

This program combines periods of, intensive learning, personal reflection and action:

Two three-day modules, separated by two months

At the end of the first module, participants will develop an action plan which will bring to life what they have learned about themselves.

Why this program is unique

With 2 facilitators for 12 participants over six days (two times three days), there is a chance for each participant to do in-depth work.

Participants will work on **developing their personality**, not only acquire new leadership skills and tools.

Both facilitators are **professional Executives Coaches** who also coach high-level executives one-on-one.

The location for this program is a **truly inspiring place**: the Yangshuo Mountain Retreat

Benefits for Participants

Benefits for participants in this personal journey can be:

More awareness and flexibility in leading others

Sustained motivation and ability to motivate their people

Increased awareness of potentials, strengths and areas to develop

Ability to understand their people faster and at a deeper level

Higher energy and productive use of stress

More use of intuition and other underutilized talents

More balance in life
(Thanks to clearer sense of values and priorities)

HARRISON



HARRISON ASSESSMENT

ASSESSMENTS

Included in this program is a personal assessment that participants will do on-line before the program starts. The report of this assessment will be used extensively during the program to help participants to identify what are their preferred behaviors, their strengths and their areas for development.

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Detailed Program

MODULE ONE:

Each participant will learn through experience about:

- Personality, potential, strengths and areas for development Using under- and little-used areas of personality
- Mission and values; and how to translate them into action
- Motivation and personal energy
- Communication style and skills for influencing
- Recognizing and managing personal stress through practical relaxation approaches
- Creating significant personal change, resulting in a practical individual action plan (Part 1)

MODULE TWO:

- Communication patterns with teams: what works and what doesn't
- Optimizing little understood energies for confident leadership style
- Using emotions and intuition to enrich relations with people
- Become skilful at taking interpersonal risks
- Understanding how to build lasting trust
- Developing a compelling vision and Plan for sustained personal change

Some clients Progress-U has served include:

HP, Bayer Material Science, Otis, Johnson & Johnson, Saint Gobain, Veolia Water, Bayer Health Care, Lego, L'Oreal, Tesco, HSBC, Kraft Foods, Lucent Technologies, Logitech, Gemalto, Macquarie PGA, Barclays, and many more.

Our approach

We use many different approaches to help participants learn how to use their personal resources: their minds, their emotions and their bodies.

Our facilitators for this program, apart from extensive business experience, have had comprehensive training in Europe, the US and in Asia in:

- Academic psychology
- Gestalt (an approach focused on what can be learned from emotions and one's body)
- Neuro-Linguistic Programming (NLP)
- Drama (theater)
- Corporate Coaching

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Program Overview

To attend to the unique needs of each participant, our two facilitators will work with a group limited to 12 persons. This means a ratio of one facilitator for 6 persons, which is truly unique.

Both facilitators are senior corporate coaches, working one-on-one with clients in positions like: Asia Pacific CEOs, board members, general managers, country general managers, department heads, business owners etc.



Sebastien Henry

Trainer & Executive Coach, Partner of Progress-U Limited

Sebastien, MBA (ESSEC), BA in Psychology, BA in Philosophy, is a certified NLP Trainer (NLP-U, USA) and a certified Executive Coach (Coach U + ICC). He works with middle managers as well as senior executives to assist them in developing themselves as inspiring leaders. That means leaders for whom people want to

commit and give their best.

Having worked in an Asia-Pacific regional position at a multinational company and also with Japanese and Chinese teams in Tokyo and Shanghai, he has practiced the art of listening and leading across cultures.

He firmly believes in action, and the tools he is using and sharing are derived from several areas of his life: his business experience as a corporate executive, of course, as well as his intensive practice of mountaineering and rock climbing and his daily practice of meditation for more than six years.

He speaks Mandarin, Japanese, English and French and has accumulated 120 days of Personal a Development over 10 years



Diane Wilcoxson

Catalyst, Senior Partner, D Wilcoxson & Associates Limited

Twenty-one year resident and business owner in Asia Pacific and Change expert, Ms Wilcoxson consults to the world's well-known and respected multinationals in Asia and Europe.

She coaches CEO, board level executives and high-potentials transitioning at light-speed in their careers; custom-designs processes for change in individuals, teams, whole companies and organizations; facilitates high-stakes meetings; speaks at conferences.

She is a Master NLP practitioner, a certified Executive Coach, and a team facilitator. She is also a post-graduate university lecturer in change management.

She speaks English (native), Spanish (fluent) and Cantonese (basic).

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View from the Yangshuo Mountain Retreat

