



## Inside Out Leadership I

### Course Overview

This highly engaging and experiential 2 1/2 day seminar is held in a retreat setting, away from the office and the work-a-day world. The course takes place both in the classroom and out of doors. By the time we've finished the first workshop, participants are typically experiencing much more connection with each other, more openness, trust, creativity and safety in their communication, and they are generally more enthused about working together.

Some of the key issues and principles addressed are shown on our "What Works" page.

Typical outcomes include

- Greater self confidence and clarity
- Increased trust,
- More open communication,
- Better listening skills,
- renewed creativity,
- sense of team and
- enthusiasm about working together

"I want our company to demonstrate high productivity, in an environment of honesty, open and free-flowing communications, fun and trust. I don't know of any better way to instill the values and environment I want in this company, than through this level of training—The Inside Out Leadership training that Terry and David are doing. This is the only corporate training I've found that can go to the necessary depths, to elicit a deep and lasting change. These trainings go beyond the standard rah-rah, motivational band-aid approaches."  
-Richard Powell, President Big 8 Food Stores

### Course Outline

#### Day 1 (1/2 Day)

##### Introduction

Welcome / Overview / Intentions

Learning model & Perspective

Comfort zone

##### Interactive Processes

Trust exercise

Team game

#### Day 2 (Outdoor Ropes Course)

Purpose of the day

Warm-up group initiatives

Choice, decisions and commitment

Partnership exercise

Leadership exercise

Value of risk

Value of honest, open & direct communication

Giving and receiving support

Completion Cycle

#### Day 3

Day 2 debrief

Lost at Sea simulation, or

Behavioral Matrix

Aligning w/purpose, vision, mission

Giving & receiving feedback

Review & close