

Leadership Development in partnership with



## Regain your Mojo

### About this programme

Feeling like you need some support?  
Have you lost a bit of confidence in  
who you are and what you do?

Join this programme that focuses  
entirely on helping you to rebalance.

This programme is designed to  
support people with a need to  
refocus, rebalance and re-energise.

### What you gain



A place for individuals to **focus on themselves**



Provides individuals with a **perspective on themselves and the environment** around them



Supports people in **refocusing, rebalancing and reenergising** to a place of equilibrium

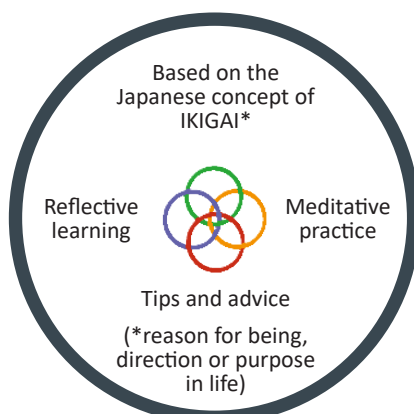


**Identifies strengths** as a resilient leader



Helps to **reignite** personal spark

### Course content



### Your commitment

- Participation in five 1 hour virtual sessions
- Engaging in discussions with other people
- Completion of work between sessions

**It takes all sessions to sustainably regain your mojo**

## Course structure

	Orientation	Regaining your mojo exploration			Completion
	Week 1	Week 2	Week 3	Week 4	Week 5
Introduction	Resilient response to challenging events	Review your personal Mantra	Review your Relationships	Review of work on presence	Review your IKIGAI
Core session content	How the programme works  Who are you at your best?  What are your values and beliefs?	Roles in your life  Significant relationships	Feeling present  Sources of Personal Energy	Work satisfaction  Hobbies and Interests  Discovering your strengths with Resilient Leaders Elements™	Sources of IKIGAI  Building your IKIGAI
Individual learning	Create your own values-based Mantra	Complete the 'Optimising Relationships' exercise	Building presence	Review your IKIGAI  Complete RLDP™ Lite	

RLE™ - Resilient Leaders Elements

RLDP™ - Resilient Leader Development Programme

RLA™ - Resilient Leaders Assessment

\*IKIGAI - Japanese concept- reason for being, direction or purpose in life



The  
Consultation  
Institute

If you are interested in finding out more about this, or any other Leadership Programme, please get in touch with our Account Management team.

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