



Introduction to Workplace Wellbeing, Flourishing & Leadership Program



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Introducing Your Facilitator

ANDREW ROOKE

Andrew's a former executive director of a global, \$100m fintech firm, turned entrepreneur and executive coach/mentor.

Based in Melbourne, Australia, Andrew works with highachieving executives and business owners around the world to expand their potential and experience genuine human flourishing.

Andrews' work has been featured on NBC, CBS, Fox News & USA Today.

Andrew has been educated at London Business School and MIT, and trained by world-leading authorities in their disciplines such as Sharon Pearson, Dr. Daniel P. Brown, Paul Chek & Dr. Daniel Amen.





Program Outline

10 WEEKS OF WORLD CLASS DEVELOPMENTAL COACHING

WEEK 1. WELCOME & KICK-OFF CALL

- 2. Introduction to Your Mind & Healthy Mindset
- 3. Introduction to Emotions & Emotional Fitness
- 4. Personal Wellbeing, Hardiness & Resilience
- 5. Personal Flourishing & Vital Engagement

- 6. Introduction to the 4 Quadrants
- 7. Inspired Leadership
- 8. High Performance Team Dynamics
- 9. Communications & Relations Masterclass

WEEK 10: CAPSTONE MODULE



Module 1: Introduction to the Mind

MIND AS THE CORE OF OUR WORLD

- What is the mind?
- Why work on our mind?
- Developing Metacognition
- Models of the Mind (How It Works!)
- The Map is Not the Territory
- Your Safe and Your Risky Problems





Module 2: Introduction to Emotions & Emotional Fitness

INTELLIGENTLY NAVIGATING YOUR WORLD

- The Mind, Feelings & Emotions
- Models of Emotional Intelligence (EQ)
- Discovering Your Emotional Blueprint
- Beyond Emotional Intelligence
- Developing Emotional Fitness





Module 3: Personal Wellbeing, Hardiness & Resilience

REAL WELLBEING AS THE FOUNDATION

- Our Personalities (Are Not Who We Are)
- The Five Factor Model
- Psychological Wellbeing
- Flexibility, Malleability & Adaptability
- Developing Hardiness
- Becoming More Resilient





Module 4: Personal Flourishing & Vital Engagement

FLOURISHING AS THE ULTIMATE GOAL

- Flourishing & PERMA
- Gratitude & Savouring
- Strengths & Virtues
- Happiness
- Generating Wisdom

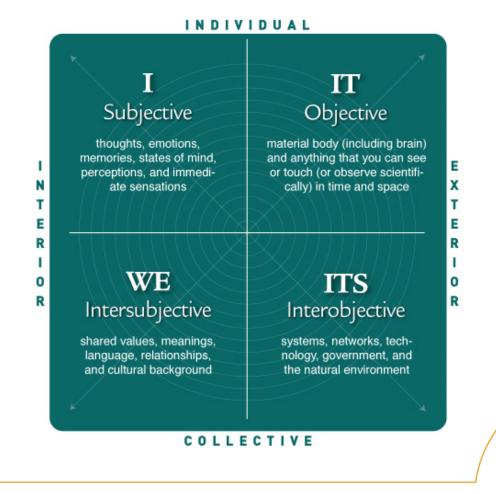




Module 5: Introducing the Four Quadrants

DEVELOPING LEADERSHIP PERSPECTIVE

- Integral Leadership Concepts
- Adult Development & Maturity
- Native Perspectives
- Listening for the Quadrants
- Orienting, Leading & Navigating Your Team



Module 6: Inspired Leadership

DEVELOPING LEADERSHIP PERSPECTIVE

- What is genuine Leadership?
- Leading versus Managing
- The 3 keys to Leading
- Values of Leaders
- How to Inspire Your Team





Module 7: Performance Team Dynamics

PROPELLING YOUR TEAM FURTHER & FASTER WITH GRACE

- Culture & Relationships
- Individual Behaviours
- Systems & Standards
- State Management & The Zone of Excellence
- Characteristics of High-Performing Teams





Module 8: Communications & Relationships

DEVELOPING LEADERSHIP PERSPECTIVE

- Culture Development
- Sound Relationships
- Communicating Effectively
- Dealing with Conflict





