



**LORRAINE RICHMOND**  
LEADERSHIP COACHING

**PERSONAL LEADERSHIP DEVELOPMENT COURSE**

*because YOU matter and because YOU have a PLACE and a PURPOSE in our messy, beautiful world*

**Personal Leadership Development**

**You Have A...  
Voice, Message & Vision to  
make a DIFFERENCE.**

*Connect. Belong. Move forward.*

**SCHEDULE for 2020-2021**

*all modules at 6:30a - 7:30a Thursdays Pacific Time unless otherwise advised  
\$125+gst / month (includes 30 minutes of 1:1 coaching per month)*

<b>INTRODUCTION</b>	<b>November 2020</b>
How to get the most out of this course. Foundational GPS for clarity & momentum for your focus.	

<b>MODULE 1</b>		<b>November 2020</b>
Clarity and Momentum: drawing a straight line to what matters most		
November 19	Clarity of your Values	<i>Values are deeply-held driving beliefs that guide your internal conduct as well as your relationship with the external world. What are your core values? Have they shifted? How do you describe them? How do you live them? How do you communicate them?</i>
November 26	Clarity of your Purpose	<i>Your individual purpose is your guidepost during stress or uncertain times and will help you navigate difficult decisions. It is in the clarity of your purpose, that you will find the most fulfillment, satisfaction and meaning of business and life. How clear are you...? Where do you settle, when and why? How would you like to recommit to your purpose? What does it look like mid-Covid19, mid-chapter, mid-story?</i>
Cohort applied learning		<i>Deepen the Learning – Forward the Action</i>
Reminder: book 1:1 coaching for this month		<i>Link will be shared upon registration</i>

<b>MODULE 2</b>		<b>December 2020</b>
Neuroscience of the Brain: and how to build and rebuild trust in yourself and with others		
December 3	Trust is Core	<i>When we lose trust, we lose our voice. Sit around the table for a high-level and deeper-dive understanding of your brain, its neuroplasticity, why people are addicted to being right and receive tips and tools to practise rewiring your thoughts and focus for a more desired future. Discover how trust (or lack of same) holds you back or propels you forward in your influence.</i>
December 17	Getting to the next level of Greatness	<i>Level 3 conversation is where trust is built (and rebuilt) and is the key to values-based leadership connections. Since conversations influence our behaviour at the neurochemical level, learn the 2 essentials to shape conversational space to open the brain to transform reality and innovate for mutual success.</i>
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<b>MODULE 3</b>		<b>January 2021</b>
What is the Story you are telling Yourself? Notice, name and reframe...		
January 7	Next-level Self-awareness	<i>Discover the connection between your story, your behaviour and your outcomes. These connections become automatic and unconscious, and they can be changed.</i>  <i>"You never change things by fighting existing reality. To change something, build a new (story) that makes the existing (story) obsolete." Buckminster Fuller. Here's how to <b>search</b> for a new story and values-based narrative that will propel and equip you for today and for tomorrows changing world.</i>
January 21	Sustainable Change	<i>"You cannot consistently perform in a manner which is inconsistent with the way you see yourself." Zig Zigler. Learn how to <b>shift and sustain</b> the story you are telling yourself, to create a new environment for sustainable change.</i>
Cohort applied learning		Deepen the Learning – Forward the Action
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<b>MODULE 4</b>		<b>February 2021</b>
There are worlds in worlds: how to elevate your communication		
February 4	Everything lives in Language	<i>Articulate your stand and your stance. Up-level your vocabulary to align with your values, purpose and the difference you seek to influence. Receive practical examples of our everyday language belittles our voice, keeps us 'small' and how to say 'no' without using the word 'no'.</i>
February 18	The Leadership Journey	<i>Know your voice. Use your voice. Share your course learning through the lens of life's 5 big questions: Who am I? Where am I going? How will I get there? Why does it matter? Who will go with me?</i>  <i>Take away a pocketful of powerful questions to keep you (and those you lead) focussed, aligned and happily contributing to a meaningful life, business and bigger world.</i>
Cohort applied learning		Deepen the Learning – Forward the Action
Reminder: book 1:1 coaching for this month		Link will be shared upon registration

<b>MODULE 5</b>		<b>March 2021</b>
Neuroscience of Change: how to embody the commitment, courage and capacity to influence change		
March 4	Your Body – Your Brain	<i>Identify a place/pattern in your life where you perpetually get stuck... let's talk about that. A practical class to integrate recent neuroscience and the behavioural sciences with your values and what you care about most.</i>
March 18	Embodying Integrity & Confidence	<i>"Becoming an inspirational leader is synonymous with become yourself. It is precisely that simple and it's also that difficult." Amanda Blake. By training your whole self to be your best self, you come to embody clarity of your contributions to building a better world. Tips and tools to improve your capacity to remain grounded in chaos, build resilience and galvanize your purpose from a place of meaningful connections.</i>
<i>Cohort applied learning</i>		<i>Deepen the Learning – Forward the Action</i>
<i>Reminder: book 1:1 coaching for this month</i>		<i>Link will be shared upon registration</i>

<b>MODULE 6</b>		<b>April 2021</b>
Better Together is Tougher and More-Doable than you Think: a double-click on how to befriend dissonance		
April 1	A Systemic Approach to Growth	<i>Dissonant, disengaged, disconnected, aloneness and other patterns of repeating behaviour reveal a longing for a 'better together' culture that isn't working well. Identify the patterns in your personal narrative and integrate the C.O.R.E. helpful habits for positive internal and external change.</i>
April 15	Courage in Conflict	<i>Triggers are real. Conflict will also exist. Personal application practise - what would it be like for you to befriend the dissonance and use your voice and personal leadership to improve culture?</i>
<i>Cohort applied learning</i>		<i>Deepen the Learning – Forward the Action</i>
<i>Reminder: book 1:1 coaching for this month</i>		<i>Link will be shared upon registration</i>