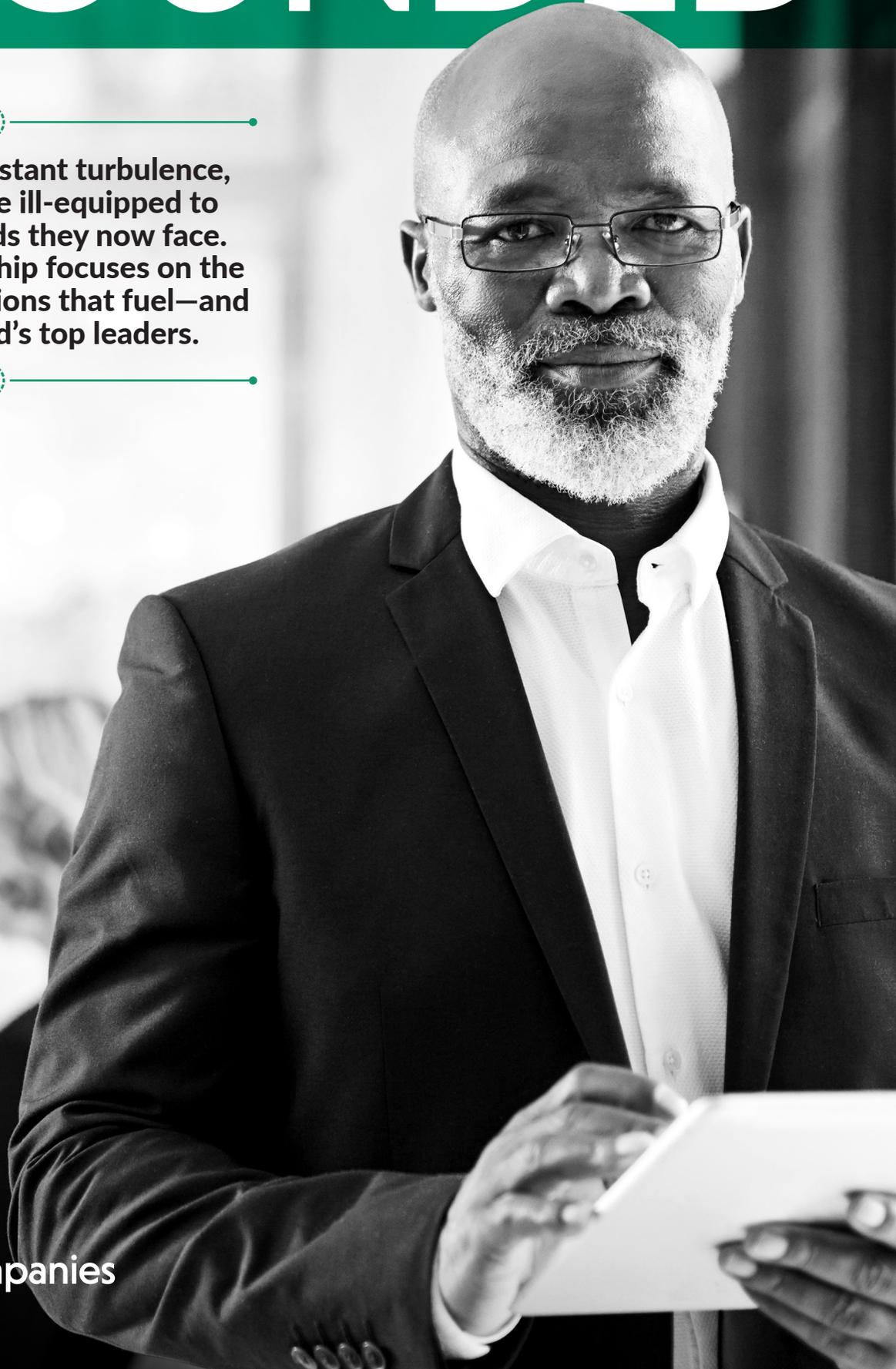


Transformational Leadership Training Series for Healthy, Sustainable Growth

GROUND^{ED}



Confronted by constant turbulence, today's leaders are ill-equipped to manage the hazards they now face. Grounded[®] Leadership focuses on the six personal dimensions that fuel—and refuel—the world's top leaders.



What is a Grounded® Leader?



Dr. Bob Rosen

Recognizing the complex and growing demands on today's leaders, the Healthy Companies' research team led by Dr. Bob Rosen, began looking for a way to enable leaders to think about leadership in new and different ways. We wanted to discover how leaders could strengthen and adapt themselves and their organizations to succeed in challenging and changing environments.



Our research produced compelling new insights: Great leaders are great people. They start with who they are – their beliefs, values, aspirations, commitment to a higher purpose and making a difference in their organizations and the world.



They are grounded in the six dimensions or roots of Grounded Leadership: Physical, Emotional, Intellectual, Social, Vocational, and Spiritual health. In essence, who you are as a leader determines how you lead and the success you have.

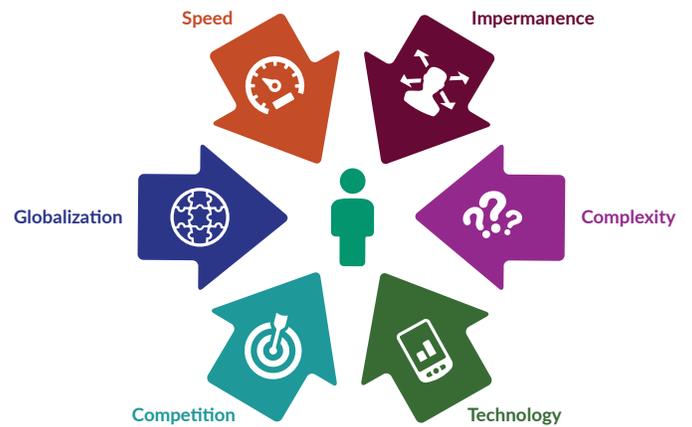
The Grounded Leader Experience serves as the foundation for our Transformational Leadership Series.

Why do we Need Grounded® Leadership?

We are entering an age of continuous disruption and acceleration out-pacing our ability to cope with uncertainty and change. People and organizations are at risk for being left behind.

We must perform for today and lead for tomorrow. Many of us are unprepared for this personal and organizational transformation requiring a new approach to leading ourselves, teams, organizations.

Key Leadership Disruptors



Grounded Leaders Build Healthy Companies

Who You Are



What You Do

Tap into a higher purpose.

Awaken people's passions and sense of meaning

Forge a shared direction.

Paint a compelling future and enlist people's commitment and ownership

Foster productive relationships.

Model and teach authenticity, connectivity, and reciprocity

Unleash human energy.

Challenge people's minds and engage their hearts

Seize new opportunities.

Embrace uncertainty and cultivate optimism, curiosity, and learning

Drive high performance.

Promote a culture of excellence and accountability

How You Perform

Great market reputation

Outstanding Shareholder Value

Profitable Growth

Renowned Talent Management

Positive Societal Impact

Overview of the Grounded[®] Leader Experience

The standard Grounded Leader Experience consists of one or two half day workshops. It serves as the foundation for the Conscious Leader Experience and other Transformational Leader Experiences.

Workshop 1 – The Foundations of Grounded Leadership (Half day)

In the first half day workshop “The Foundations of Grounded Leadership,” participants learn why Grounded Leadership is important and how it helps you thrive in a disruptive and accelerating world. Participants are introduced to the Six Dimensions of Grounded Leadership: Physical, Emotional, Intellectual, Social, Vocational and Spiritual Health and complete a self-assessment to provide insight on how they are currently demonstrating in each of these dimensions. Participants leave the workshop with specific actions they can take to practice Grounded Leadership in their day-to-day leadership roles.

By the end of this session participants will:

1. Describe why Grounded Leadership is needed in today's disruptive business environment.
2. Gain insight into the research that supports the efficacy of Grounded Leadership on individual and team performance.
3. Describe the six dimensions of Grounded Leadership.
4. Identify which of the 18 roots of Grounded Leadership are personal strengths and those that are areas of development.
5. Identify key actions to become a more Grounded Leader to apply in their role following the workshop.

Workshop 2 – Strengthening Your Grounded Leader Actions (Half day)

In the second half day workshop “Strengthening your Grounded Leader Actions” participants take a deeper dive into the six dimensions of Grounded Leadership by exploring tools and strategies they can apply to increase their performance and their leadership impact. They are asked to bring a real leadership issue and practice applying the Grounded Leader tools and strategies that are most important in the context of their own business and culture.

By the end of this session participants will:

1. Describe the obstacles to practicing Grounded Leadership identified since Workshop 1.
2. Describe key strategies and actions for practicing Grounded Leadership.
3. Apply the key Grounded Leader strategies and tools for dealing with a personal leadership challenge.
4. Create a Grounded Leader Personal Development Plan to identify the key actions required to apply in their day-to-day leadership roles following the workshop.

Grounded 90 minute Deep Dive Topics

Physical Health

- Body/Mind Awareness for Leadership Presence
- Managing Your Energy for Peak Performance

Emotional Health

- Leveraging Your Emotions for Powerful Leadership Impact
- Increasing Your Resilience to Lead in a Disruptive World

Intellectual Health

- Practicing Deep Curiosity: Leading With Questions
- Think Like a CEO: Developing an Adaptive Mindset

Social Health

- Developing Your Authentic Leadership
- Building Mutually Rewarding Relationships

Vocational Health

- Are You Living Your Meaningful Calling?
- Are You Too Attached to Success?

Spiritual Health

- From Unconscious Bias to Global Connectedness
- Generosity as the Driver of High Performance Cultures

Delivery Options

Live. In-person, HCI instructor led training. One full day (Workshops 1 & 2), or 2 x half-day workshops.

Virtual. HCI instructor led training. Four 120 min. sessions
Integrated Learning Platform, blended solution

HCI can certify your employees to become facilitators

Note: Although Grounded Leadership is the foundation for the Conscious Leader Experience, participants can complete an Accelerated Learning option (ninety minute interactive video) prior to attending the Conscious Leader Experience if they have not attended the Grounded Leader Experience.

Supporting Materials

Peer Group Learning Solutions

Grounded Leader Participant Guide

Grounded Leadership Facilitator Guide (Train the trainer Certification)

Grounded Leadership Personal Journal

Grounded Leadership Personal Development Guide

Optional Grounded Leadership Facilitator Certification

Personalization

We can tailor to your needs. Grounded can be purchased with several levels of personalization, or can be ready to use.

The Transformational Leadership Series

Developing Change Leaders at all Levels



Building Cultures of Leadership at all Levels is the New Competitive Edge!

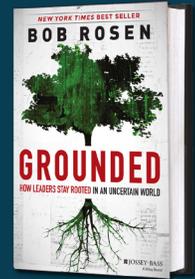
It requires:

- Agile and resilient people
- Healthy and engaged relationships
- Collaborative, high performing teams
- Confident, change savvy cultures

And leads to:

Profitable and sustainable growth

Grounded— How Leaders Stay Rooted in an Uncertain World



A provocative, personal approach to leadership based on in-depth research with hundreds of executives around the world. Based on Bob Rosen's Grounded Leader model, it focuses on the six personal dimensions that fuel—and refuel—the world's top leaders: Physical, Emotional, Intellectual, Social, Vocational, and Spiritual health. The book argues that leaders at every level can be more self-aware, develop their untapped potential, and drive significantly better results – for themselves, their teams and organizations. By developing themselves and mastering the six dimensions, readers can gain the stamina and strength to not only weather tough times but to achieve much, much more.

A New York Times best-selling business book

“As our company underwent a series of paradigm shifts, I was fortunate to work with Bob Rosen and the professionals at Healthy Companies. Their mastery of organizational dynamics, leadership and transformation was extraordinary. As leadership developers and change agents, they are uniquely grounded in a deep understanding of complex business challenges, including strategy and execution.”

Mitch Kosch

Former SVP HR & Legal, Polo Ralph Lauren

Let's get started—Changing the world one leader at a time starts with you.
Contact us today at healthycompanies.com or +1-703-351-9901.

About Healthy Companies

Healthy Companies International was founded in 1988 by CEO adviser, organizational psychologist, and best selling author Bob Rosen. Its mission is to transform the world's organizations, one leader at a time. Thanks in part to a multiyear grant from the MacArthur Foundation, Bob and his colleagues began to research the characteristics of successful executives and their companies. Since then, the firm has conducted hundreds of in-depth interviews with CEOs in forty-five countries. Healthy Companies works with a wide range of Global 2000 corporations, government and nongovernmental organizations, and selected associations. Clients include New York Life, PricewaterhouseCoopers, Ralph Lauren, and MedStar Health.