



**Expand your awareness
Ignite your potential
Take yourself to the next level**

act

A TRANSFORMATIONAL CHANGE PROGRAM

act is a four-phase holistic program encompassing all aspects of being human: physical, mental, emotional, and spiritual. Developed over 10 years after 30+ years of personal research and development, it is a transformational change program designed to move you to the next level no matter where you are now, both personally and in business.



Savvas Leondas
PROGRAM CREATOR
& FACILITATOR

THE VALUE act DELIVERS

- ✓ Clarify your vision, purpose, values and unlock your true north
- ✓ Develop your own leadership and management style, including coaching and mentoring
- ✓ Communicate with authenticity whilst listening to what is not being said
- ✓ Develop a vibrant, collaborative, close-knit, engaged high-performing team
- ✓ Learn how to embrace and initiate sustainable change in positive powerful ways

WHAT PARTICIPANTS ARE SAYING

- "A navigation tool for LIFE!"
- "My team have seen my growth and the positive impact I have on team culture and development"
- "Refreshing, Practical, Insightful, Focussed"
- "I rediscovered who I am and now love the person I have become and trust my own ability"
- "Every module delivers and the learnings stay with you"
- "I am a better parent and partner"

PHASE 1 - Modules 1-5

Self Discovery

MODULE 1 - Program Foundation

- Create a Success-Full Life
- The Conscious Change Model
- Alignment of body, mind and soul
- 3 Steps to creating sustainable change
- The nature of your subconscious mind
- My DNA code for success
- Your Insights, Reflection & Discussion, Strengths & Growth

1
SESSION

MODULE 2 - Born Unlimited

- Unlock Your unlimited potential, creativity and drive
- Self-Image and Self-Esteem in everyday living
- Your Physical, Mental, Emotional and Spiritual Self
- The power of positive self-talk and visualisation
- Value vs Values
- Your Insights, Reflection & Discussion, Strengths & Growth

1
SESSION

MODULE 3 - About Being Human

- Self-Discovery: Understanding the journey of Being Human
- The Conscious-Competence Model
- The power of mistakes
- Transactional analysis: a communication framework
- How feelings and emotions impact behaviour
- Your Insights, Reflection & Discussion, Strengths & Growth

1
SESSION

MODULE 4 - Wake Up ... Impact of Conditioning and Habits

- You are conditioned in every aspect
- The reconditioning process
- Learning to respond, rather than react
- Tools for creating successful new habits
- Seven steps to changing a habit
- Your Insights, Reflection & Discussion, Strengths & Growth

1
SESSION

MODULE 5 - Being Self-Aligned

- Clarifying your purpose and values
- How your core values influence your life
- The impact of values on healthy, functional relationships
- The Identity-Role model
- Establishing and navigating your 'True North'
- Creating your personal brand
- Your Insights, Reflection & Discussion, Strengths & Growth

2
SESSIONS

PHASE 2 - Modules 6-10

Tools for Sustainable Change

MODULE 6 - Personality Styles...

Why don't people get me?

- Recognising and understanding your personality style
- Identifying and understanding other's styles ... simply!
- Personality and Behaviour – what's the relationship?
- Connect by style flexing, adjusting language and behaviour
- Strategies for adjusting language and communication
- Your Insights, Reflection & Discussion, Strengths & Growth

2
SESSIONS

MODULE 7 - Building Emotional Resilience

- Understanding and managing emotions
- Responding vs reacting
- Emotional Intelligence in everyday living
- Self-Management, Self-Regulation and Relationship Management
- Emotional Intelligence Markers
- Developing Emotional Intelligence and Resilience
- Your Insights, Reflection & Discussion, Strengths & Growth

2
SESSIONS

MODULE 8 - About Spirituality and Energy

- The Science behind energy and spirituality
- Mindfulness as a way of living
- Neuroplasticity and change
- Resources for spiritual wellbeing
- Your body as an energy field
- Your Insights, Reflection & Discussion, Strengths & Growth

1
SESSION

MODULE 9 - Goals ... Why don't I always achieve them?

- The benefits of being goal focused
- Creating the habit of setting and achieving goals
- Purpose, Values and Goals Alignment
- The mechanics of setting and achieving goals – 7 steps
- Goal Action Plan – tools and templates
- Your Insights, Reflection & Discussion, Strengths & Growth

3
SESSIONS

MODULE 10 - Managing Fast-Paced Dynamic Change

- The nature of change
- The quickest way to implement change
- Fast-paced dynamic change - A seven factor framework
- The innovation curve
- The emotional stages of change
- Strategies to flow with change
- Your Insights, Reflection & Discussion, Strengths & Growth

3
SESSIONS

41 Sessions over 44 weeks (including 5 x 1:1 Coaching)

PHASE 3 - Modules 11-14

Tools for Life

MODULE 11 - Staying Driven and Engaged, Want it ... go get it!

- Uncovering what drives people and their true needs
- Stop Motivating - Start Engaging
- Create an environment for people to be driven and engaged
- Four elements to engagement
- The greatest, universal and principal human need
- Six blocks that stop people from being driven and engaged
- Your Insights, Reflection & Discussion, Strengths & Growth

3
SESSIONS

MODULE 12 - Time ... Where does it go?

- "There is no such thing as time!"
- Recognising the value of time
- Effectively managing interruptions
- How to say 'no' by saying 'yes'
- Creating your most productive week
- Key time principles
- Your Insights, Reflection & Discussion, Strengths & Growth

2
SESSIONS

MODULE 13 - Powerful Communication

- Three key pillars of communication
- The interconnectivity between communication and trust
- Communication blocks and why people don't listen?!
- The power of active listening
- The art of asking the 'right' questions
- Why your communication style matters
- The secrets of body language
- Having difficult yet constructive conversations
- Your Insights, Reflection & Discussion, Strengths & Growth

3
SESSIONS

MODULE 14 - Emotionally Intelligent Decision- Making and Problem Solving

- EQ and IQ: A prerequisite for optimal results
- Factors that impact making decisions and solving problems
- Decision making vs. problem solving
- Proactively preventing problems
- Tools for step-by-step decision-making and problem-solving
- Your Insights, Reflection & Discussion, Strengths & Growth

1
SESSION

PHASE 4 - Modules 15-18

Tools for Business

MODULE 15 - Collaborate then Delegate

- EQ and IQ: A prerequisite for optimal results
- Factors that impact making decisions and solving problems
- Decision making vs. problem solving
- Proactively preventing problems
- Engaging people throughout the process
- Tools for step-by-step decision-making and problem-solving
- Your Insights, Reflection & Discussion, Strengths & Growth

2
SESSIONS

MODULE 16 - Developing Your Leadership and Management Style

- Everyone is a leader
- Leader, Manager, Coach, Mentor – how to switch hats
- Refining your leadership style
- Qualities and capabilities of great leaders
- The importance of trust in leadership
- Your leadership brand and values
- Your Insights, Reflection & Discussion, Strengths & Growth

2
SESSIONS

MODULE 17 - Talent Engagement and Managing Performance

- Identifying key talent: find them, get them, keep them
- Positively managing performance
- Framework for evaluating performance.
- Managing diversity and aspirations in the workplace
- Constructively giving and receiving feedback
- Tools for talent management
- Your Insights, Reflection & Discussion, Strengths & Growth

3
SESSIONS

MODULE 18 - Coaching High-Performance Teams

- The Coach: A change agent
- Key questioning techniques
- Instant Pay-Off Coaching
- Taking teams from forming to performing
- 11 Attributes of a high-performance team
- Your Insights, Reflection & Discussion, Strengths & Growth

1
SESSION



Mix &
Match
Modules



Ask about
1:1 or team
programs



Create a
bespoke
program



"KNOWING YOURSELF IS THE BEGINNING OF ALL WISDOM" Aristotle

CREATING SUSTAINABLE CHANGE BEYOND THE LIFE OF THIS PROGRAM

LOGISTICS

- ✓ Groups of up to 15 participants
- ✓ One-on-one support sessions
- ✓ 2.5-hour weekly group sessions
- ✓ Face to face, video, teleconference or online
- ✓ Held on-site or off-site



To discuss options & determine next steps...

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Mix & Match Modules



Ask about 1:1 or team programs



Create a bespoke program

SAVVAS LEONDAS

PROGRAM CREATOR AND FACILITATOR

Savvas Leondas is a leading facilitator, coach and mentor who has invested over 30 years in the fields of organisational, professional and personal development. With sound commercial knowledge and broad business experience, Savvas coaches and mentors C-suite executives, senior managers, professionals and entrepreneurs through the process of growth and change with insightful, practical, proven strategies and methodologies.

Savvas' success has come from working with people to achieve measurable, sustainable results over the long term.

Savvas' love for people is the foundation that enables him to really listen to and understand others. This attentive ear, with carefully chosen questions, and the ensuing insights, are sometimes all a client needs to dramatically improve their performance.



▶▶▶ **LET'S CONNECT**