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### 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.

### 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



Savvas Leondas PROGRAM CREATOR & FACILITATOR

### 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"

## act

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### PHASE 1 - Modules 1-5

### Self Discovery

### **MODULE 1 - Program Foundation**

Alignment of body, mind and soul

3 Steps to creating sustainable change

The nature of your subconscious mind



• Create a Success-Full Life

My DNA code for success

• The Conscious Change Model



Recognising and understanding your personality style •

PHASE 2- Modules 6-10

Tools for Sustainable Change

- 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

### **MODULE 7 -** Building Emotional Resilience

Understanding and managing emotions

MODULE 6 - Personality Styles...

Why don't people get me?

- 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

### **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

### 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

### **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

### **MODULE 2 -** Born Unlimited



• Unlock Your unlimited potential, creativity and drive

• Your Insights, Reflection & Discussion, Strengths & Growth

- 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

### **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

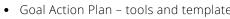
### MODULE 4 - Wake Up ... Impact of Conditioning and Habits



- 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

### 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









### 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,



- 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

### 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

### **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

### **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

### 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

### **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

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

### **MODULE 18 -** Coaching High-Performance Teams

- The Coach: A change agent
- Key questioning techniques
- Taking teams from forming to performing
- Your Insights, Reflection & Discussion, Strengths & Growth





Ask about 1:1 or team programs

Create a bespoke program



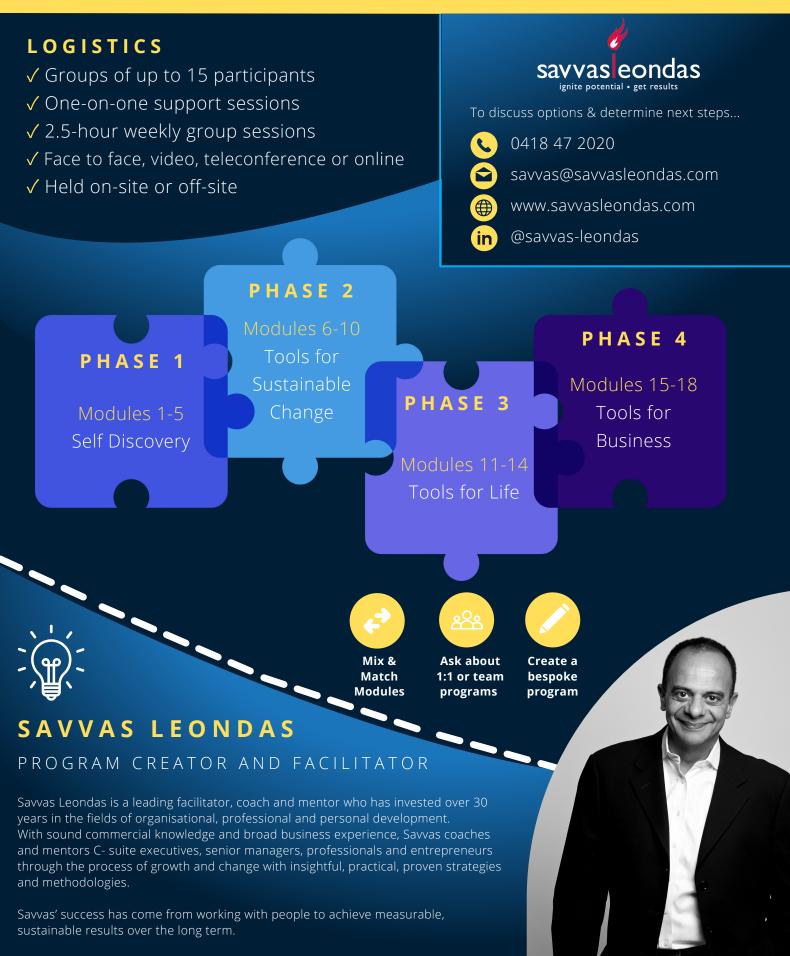
"KNOWING YOURSELF IS THE BEGINNING OF ALL WISDOM" Aristotle

### Instant Pay-Off Coaching

### • 11 Attributes of a high-performance team



### CREATING SUSTAINABLE CHANGE BEYOND THE LIFE OF THIS PROGRAM



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