

Follow the



Adventure

“Inside to Outside”

Strengthen your talent from “the inside out”

We spend a lot of time and effort developing talent and preparing them for future leadership roles. Training, Coaching, Mentoring are often used to raise self awareness and drive behavioural change in order to improve performance. But how do you ensure that behavioural change is truly sustained?

Inside to Outside is a long-term Talent Development program, specifically designed to ensure that outcomes are engrained and sustained by starting **“from the inside-out”**.

We may not always be aware of our inner beliefs, convictions, and values. But they determine what we think, feel, how we react and behave. They are the root cause to what is happening on the inside, and impact our behaviours on the outside.

Raising our self-awareness to what is “happening on the inside” helps us to understand better how we “behave on the outside”. And how we can effectively change that behaviour when circumstances require us to do so. For instance when leading teams or facing customers.



Inside to Outside is designed to raise this awareness, learn how to change our behaviour and how to apply this in actual work/life situations. By combining personal coaching with group training over a longer period of time, the needs of each individual are met while participants are benefitting from group learning and ongoing group support to sustain learning and insights. Results are felt in almost all aspects of professional and personal life.



- ✓ Increased self-confidence
- ✓ Strengthened relationships
- ✓ Enhanced performance
- ✓ Balanced Work-Life style
- ✓ Authentic Leadership
- ✓ Enriched conversations

Inside to Outside boosts the unique value proposition we bring to the table: *ourselves*.

Grow from where you are, to where you want to be



12-month sustained development program

Phase 1: INSIDE

Mental Health Bootcamp
45-day transformation

Phase 2: OUTSIDE

Tailor-made year long ongoing development
with various options to choose from

Phase 1: Mental Health Bootcamp

strengthens the spirit from within. A series of app guided training and coaching sessions increases self-awareness, develops emotional intelligence and builds a solid confidence level to feel stronger on the “inside”, in order to overcome any challenges happening in life on the “outside”.

- ✓ Half day Saboteur Exposure workshop & Saboteur Assessment
- ✓ 45-day Bootcamp Training
- ✓ Ongoing mental health exercises in app & coach access
- ✓ Weekly online group coaching

Phase 2 - Outside: Ongoing Development following the Mental Health Bootcamp the journey continues with various modules to apply the learnings and continue self awareness insights;

- ✓ A **Personal Assessment** spotlights preferred behaviour and how these are perceived in the workplace. A personal **Development Plan** provides focus on the way forward.
- ✓ The personal development journey is supported with **3 personal coaching sessions** to ensure ongoing self reflection and progress towards the identified development areas.
- ✓ Participants practice in groups to apply their learning in frequently occurring business situations with **3 Application Workshops** of the clients choice.

Want more? Create a tailor made package suiting your specific needs and budget.

Application workshops (3 included, free of choice)

- Stress Management & Resilience
- Courageous conversations
- Presenting with confidence
- Leading self & others
- Diversity and Inclusion
- Time Management
- Giving and Receiving Feedback
- Intercultural Awareness
- ...Topic of clients choice

Extra's

Add extra options such as additional personal coaching sessions, 360 feedback assessment, team dynamic assessments, team/group coaching.



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More information?

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