

The Institute for Leadership Fitness™



clarity



confidence



effectiveness



vitality

The Twelve-Month Leadership Development Experience for High-Potential Leaders Seeking Greater Clarity, Confidence, Effectiveness and Vitality

"I have attended many management seminars over the course of my career, and this experience has been by far the best! The quarterly workshops with coaching in between is a winning combination."

"My impact at work, judged by the level of my strategic contributions, has greatly increased... and has been noticed by others."

"I've achieved a much better balance between my work and my personal life. This has improved relationships, reduced stress and enhanced my overall performance and effectiveness."

Recent Institute Clients

Automotive Credit Corporation
C.S. Mott Children's Hospital
DANTOM Systems
Dialog
Innoventures
Institute for Social Research
Michigan Economic Development Corporation
Perrigo
ProQuest
Right Management
Spartan Stores
Spectrum Health
Thomson Reuters
TRW Automotive
University of Michigan
Health System

PROGRAM DESCRIPTION

The Institute for Leadership Fitness™ provides aspiring and high-potential leaders with a unique and integrated leadership development experience. Combining tool-based workshops, professional coaching and leadership assessment, the Institute increases the participating leader's clarity, confidence, effectiveness and vitality.

This twelve-month program is based on the model of leadership fitness developed by David Chinsky & Associates, and is offered through The Leadership Fit® Associate Network.

PROGRAM OUTCOMES

At the end of the year-long program, participating leaders are more effective at:

- Setting a clear direction consistent with the strategic goals of their organization
- Sorting and prioritizing opportunities competing for their attention
- Selling their ideas to colleagues and customers
- Creating a work environment in which high performers thrive
- Retaining star talent and building a pipeline of future leaders
- Taming their self-sabotaging "inner voices" so they do not get in the way of taking action
- Utilizing delegation as a means to accelerate the development of successor candidates
- Developing a repertoire of positive habits that feed their confidence
- Choosing foods, exercises and other healthy habits to maintain peak performance
- Transforming their leadership style to best support the present and future needs of their organization
- Balancing periods of high engagement with periods of rest and rejuvenation

PROGRAM CONTENT

The Institute for Leadership Fitness™ introduces sixteen different tools and processes over the course of a twelve-month period. Participants attend four full-day workshops, one every 90 days, during which they learn new tools in each of the four components of leadership fitness: clarity, confidence, effectiveness and vitality.

In addition to these four skill-building workshops, each participating leader is assigned an executive coach with whom he or she works throughout the year to create and execute a customized development plan. Participants also receive an individualized 360° leadership assessment along with profiles of their conflict management style and communication preferences.