

The Blueprint For High-Performing Leaders

Self Study Course



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HELPING
GOOD LEADERS
BECOME GREAT

Introduction

Course Purpose

The purpose of this course is to help you identify and execute winning leadership strategies and enhance your current style. You will also learn how to evoke consistent and excellent performance by powerfully coaching your team.

This new approach is simple, but it's not easy!

- It might mean changing habits that are not supporting you on your journey to success.
- It might mean paying attention to areas that you haven't given much attention.
- In some cases, it might even mean totally starting over.

But, what it will definitely mean for you is achieving sustainable results on your terms. Yes, this means YOU choose what to change *on your terms* to create the ideal outcomes and the kind of working place where you WANT to be every day.

This system will serve you and your team when times are good, but –more importantly– these learned habits will sustain you during turbulent times and economic downturns as well. You'll come to rely on this process as your "success blueprint" that will keep you laser-focused on WHAT MATTERS MOST, for you and for the success of your team.

How to Use this Course

This course consists of 15 active learning sessions, which includes the five stages of the **C.O.R.E. Performance Coaching Model** (Coaching for Optimal Results & Effectiveness).

This workbook includes:

- Exercises to enhance your learning
- A Bonus Area
- An Appendix
- Videos

Welcome to your Blueprint for High Performing Leaders!

I recommend that you dedicate 1-2 hours to process and complete each session. This will give you time to watch the videos, read the text, do the exercises, reflect on your key opportunities and consider what impact this will have on you, your team and your business' success. Although meant to go in order, you can watch and re-watch in any way that helps you learn.

Be prepared to look for the opportunities to try these methods in 'real time.' Expect to feel awkward the first few times you try some of the exercises. Try them anyway!

Don't worry about identifying key opportunities. If they don't appear immediately, trust me, they will! For those of you who are already great at leading people, you'll fine tune what is already working, plus get a step-by-step process on how to groom your team to become mindful, results-driven leaders. All throughout this workbook you'll be getting a strategic and tactical plan for taking everything you're learning and putting it into action.

In the Bonus Section, you'll find actionable tips and tools that I have used with my clients for over 14 years to tap into their inner motivation and to impact powerful change in their lives. Some of these tools are very straightforward, while others will require you to take a risk in order to reap the benefits. Included are additional resources you'll use to exponentially increase your effectiveness and success as a leader.

In the Appendix, there is a glossary of key terms I've used throughout the workbook. You'll also find real life examples of how the concepts from this course have been put into play with clients and the corresponding results. I've included worksheets and templates to make taking action easier and clearer.

I'd like to recognize my coach Mike Jay, founder of B-Coach who has mentored me on many of these concepts and helped me create an extraordinary business and life.

Congratulations! This course is a solid investment in YOU and the results you can create by leading a high-performing team. It has been custom-designed for leaders like you and is proven to 'stick' with you throughout your life as a top performing leader.

A handwritten signature in black ink, appearing to read "Kelli", with a small flourish at the end.

P.S. I am interested in any feedback you have about this course. It was created for you and I want to make sure you get the most out of it. Drop me a line with your thoughts on what you liked and also what could make it even better at grow@mccauleyandco.com