

# Leader Workout Group™

## Program Schedule

### Annual Schedule

Q1 Jan – Mar

Q2 Apr – Jun

Q3 Jul – Sep

Q4 Oct – Dec

#### Warm Up

Communicate with Confidence

#### Stretch

Master Leadership Fundamentals

#### Condition

Find your Leadership Grit

#### Strength

Know Your Strengths



### Monthly Topics

#### Q1 - Warm Up: **Communicate with Confidence**

Jan

Listening Secrets

Feb

Speak for Impact

Mar

Write Clearly – Erase the Confusion

#### Q2 – Stretch: **Master Leadership Fundamentals**

Apr

Delegate with Confidence

May

Deliver Feedback That's Heard

Jun

Coach for Results

#### Q3 – Condition: **Find Your Leadership Grit**

Jul

Meetings that Matter

Aug

Wrangling Group Dynamics

Sep

Tackle Conflict

#### Q4 – Strength: **Build Your Strengths**

Oct

Assess - Inventory Strengths

Nov

Aim - Create the Blueprint

Dec

Achieve - Implement for Excellence