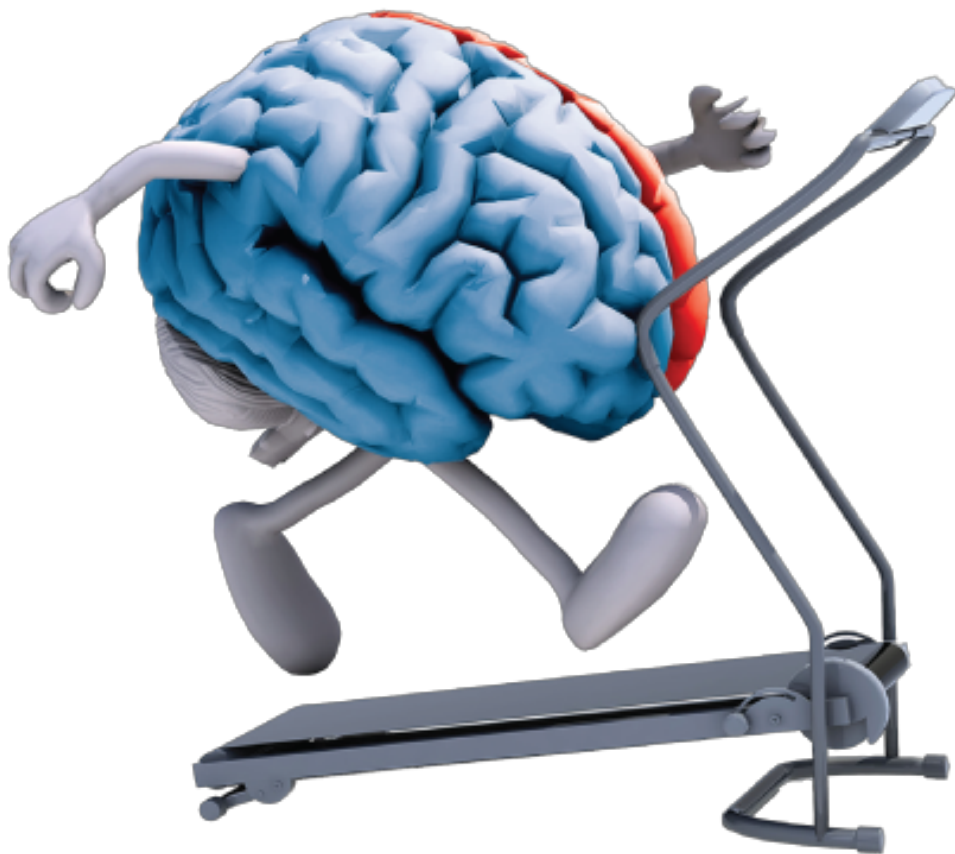


HEADSTRONG PERFORMANCE

W O R K S H O P



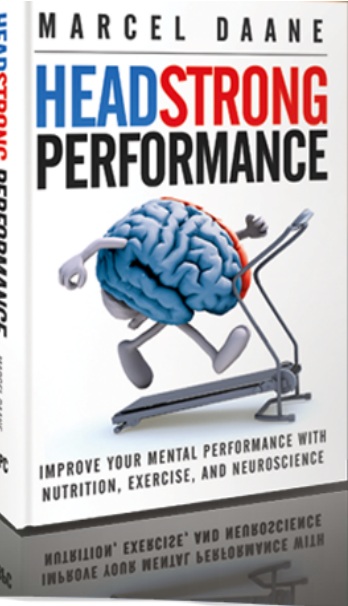
Leadership for Managers

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Marcel Daane

MSc Neuroscience of Leadership

Marcel Daane is one of the pioneers in integrating neuroscience and coaching to improve performance in a broad range of clients. With over 20 years of coaching experience across business, sports, health, and cognitive performance, his integrated approach has transformed the lives of thousands of executives.

Author, of the internationally acclaimed book: "Headstrong Performance," Marcel holds a postgraduate degree in the Neuroscience of Leadership from Middlesex University and an Undergraduate Degree in Complementary Medicine from Charles Sturt University coupled with advanced certifications in performance coaching. He is also the recipient of The 2016 Global Coaching Leadership Award.

Marcel's business leadership accolades include being Vice President of Organizational & Leadership Development at Anytime Fitness Asia, where he was responsible for successfully developing leadership teams and business coaching systems for franchisees across Asia. Marcel also conceptualized and founded SE Asia's premier Athletic Performance Training Center, SPEED Institute in 2008.

Today, Marcel is the CEO of Headstrong Performance in Singapore, a business consulting practice specializing in Employee Engagement and Organizational Performance enhancement for multinational companies.

Workshop Introduction:

Lessons learned from the military, and training athletes, has taught us that the ability of any team, or organization, to remain on top of its game and relevant, is dependent on the level of adaptability and agility that team, or organization, possesses. The degree of adaptability of any team is directly influenced by the leadership effectiveness of its manager.

Experience is teaching us that management and leadership are separate but complementary, skill sets essential for any manager. Where management is about maintaining processes and systems, leadership is about inspiring and motivating teams and individuals to do their best at being their best. In other words, management is about systems, and leadership is about people.

Unfortunately, in today's fast-moving markets, managers often find themselves stretched so thin working under tight deadlines, minimal budgets, and with minimal resources that people leadership suffers, significantly jeopardizing essential levels of trust, well-being, and sense of safety, which in turn reduces team engagement, productivity, and performance.

Furthermore, organizations and industries will continue to evolve rapidly over the coming years and with it, so too will the demands on our managers. For the manager to be on top of his or her game, the challenge is to be able to evolve with the industry without sacrificing leadership capacity.

By learning how to apply practical self-awareness and leadership strategies, managers can begin to build a "toolbox" of skills that will enable them to remain on top of their games and elevate their teams in the process.



Program Overview

The ultimate goal of our 1-day Leadership For Managers program is to evoke reflection on how participants' own behaviors around self-leadership, communication styles, and growth mindsets, have a direct effect on the levels of engagement, well-being, and productivity on their team members.

The Leadership For Managers Workshop is a stimulating blend of applied neuroscience, leadership effectiveness, and emotional intelligence topped off with practical self-leadership techniques from exercise physiology and performance psychology designed to optimize user-led adoption of leadership principles. Below is a brief outline of the 1-day program.



Time Table

| | | |
|--|-------------|---|
| Introduction 08.00 – 08.30 | Description | Introductions Housekeeping |
| The Leader's Mindset 08.30 – 10.00 | Description | A facilitated session exploring the research behind the ideal mindset for learning, performance, and leadership capacity. + Mindset Self-Assessment |
| Leadership Styles 10.00 – 12.00 | Description | A Facilitated session highlighting the 4 most common leadership styles used for people management + Leadership Self Assessment To Identify Participant's Default Leadership Style |
| Lunch 12.00 – 13.00 | | |
| Neuroscience of Leadership 13.00 – 14.30 | Description | Building awareness of the role the brain plays in our perceptions of stress and emotional awareness and providing practical tools how to regulate an overwhelmed brain. |
| Communication Skills 14.30 – 16.00 | Description | A facilitated workshop exploring the key elements involved in effective communication with others that inspires action rather than reaction. |
| Driving Change In Others 16.00 – 17.30 | Description | A Facilitated session focusing on developing new behaviors that ignite an adaptable mindset, both individually, as well as in their respective teams. |

What A Few of Our Clients Say



“Marcel drove home the connection between a healthy mind and a healthy body to the participants of our regional leadership conference. Participants learned to increase mental well-being and perform more effectively in their leadership roles.”

MICHAEL BRAUN

General Manager, Africa and Asia Pacific
Daimler Financial



“Marcel delivers a life changing message about healthy work-life balance, good nutrition, rest and regular exercise, all leading to an improvement in performance, individually and as a team. A great way to bring about real, positive, and productive change.”

COLIN SAMPSON

Senior Vice President and CFO
SAP-Asia Pacific



“ I completely buy into what Marcel is doing. Marcel conducted a 2-day Headstrong Performance training program with my regional leadership team and I'm still seeing the positive effects on their performance. That is the sign of a very effective program.”

TONY GRANDIDGE

Senior Vice President
Euronet Worldwide



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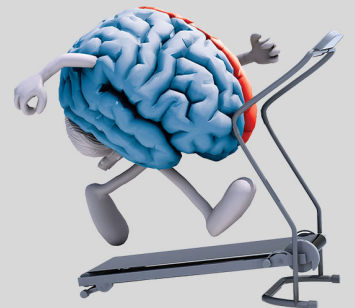
Fitter Brains,
Resilient Mindsets
Inspirational Performance

OUR SERVICES

- ◆ Executive Performance Coaching
- ◆ Leadership Fitness Development
- ◆ Organizational Health Assessments
- ◆ Leadership and Management Workshops
- ◆ Headstrong Performance Keynotes

ABOUT US

Headstrong Performance is a regionally operating consulting practice with operations in Singapore, Taiwan, and Mumbai. We differentiate ourselves by partnering with organizations to revitalize brains utilizing a proprietary, and powerful, approach of health, neuroscience, and executive leadership coaching to further improve leadership capacity, adaptability, and performance fitness in individuals, teams, and organizations...often with life-altering effect.



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