



Our potential is the universe – yet we make ourselves into islands. We warp our potential, we restrict our beauty; thus we diminish our lives. Hindered by our subconscious beliefs & conscious acts, we become adept at remaining less than we can be. We are called to more than achieving our goals. We are called to reach our potential.

Developing The Transformational Leader

The Three Days that are a Gift to Yourself

Executive Coaching is a popular process in today's business world because once a certain level of success is achieved, many executives seek to broaden their scope of excellence by becoming not only better at what they do, but also deeper in their understanding of themselves.

Questions such as, "How can my impact be more effective," "What legacy will I leave" and "How can I balance Work life and Home life", are addressed. Through a 4-stage process, including assessment, feedback, goal setting and execution, participants move from "making more than a living" to "making more of a difference."

The process for transformation utilizes a coaching group in which six participants work with two coaches and provide feedback to one another in meetings between the coaching sessions. This assemblage offers an opportunity to forge relationships unprecedented in typical business situations and is also more cost effective. In addition, participants coach two others to practice the science of **Coaching according to Type**. By serving as a coach, while being coached, graduates become most effective in this important leadership role.

Four Parts in Three Days

The Process of Self-Awareness – Heightening consciousness and

investigating the depths of the inner self: In this stage, we investigate the *Psychology of Self* and the motivation behind our behaviors. Beginning with

The Judgment Index, an in-depth analysis of Work-Side and Self-Side

Indicators, coaches work with you prior to your arrival at "The Farm." The on-site program begins with uncovering what top five values are at your core and

how you score in the area of Emotional Intelligence, the driving forces behind personal and professional success. The Myers-Briggs Type Indicator is used to determine Psychological Type and preferences and how to best coach others according to what *they* need.

The Practice of Self-Mastery – Managing "you" in the world at the highest level of functioning and setting

"stretch goals" for achieving behavioral change: This module utilizes the analysis Emotional Intelligence used for determining what are your strengths of Emotional Intelligence and which are your developmental areas. This data is critical for providing key insight into achieving behavioral change. This session continues the process with one of the world's best leadership measurement tools – MLQ which measures Ideal Influence, Intellectual Stimulation, Individual Consideration and Inspirational Motivation. Receiving data from ten of your associates, we analyze how you rate yourself compared with others' perceptions. You also can see how you measure against the global standard from a database of tens of millions.

It is from this feedback that we establish your goals for moving toward a more Emotionally Intelligent, Transformational Leadership Style and begin to practice the associated behaviors.

"This is a program for developing Transformational Leaders - leaders who are authentic, compassionate, visionary, kind, playful, patient, deeply valued, ethical, honest and completely present. These are the kind of people who expand the room when they walk in. Their purpose in life is to make more than a living; it is to make a difference. Ego is surpassed by an ultimate connection to a greater cause and the greatest good."

Jeff Patnaude

The Skills of Social Competence – *The Fruit of Mastery*: **Quality Listening** is determined to be the most important leadership skill in a list of twenty five. Lunch is the setting for Business Etiquette in which the instructor leads you through the wisdom of cross-cultural dining and customs. The module includes **The Art of Speaking**, a workshop on how to make purposeful and memorable presentations by incorporating the four elements from the MLQ. With public speaking being THE most noticeable of all leadership skills, this training can have enormously positive impact on your career.

The Legacy of Relationship Management – *Sustaining those relationships that are the key to your success and the key to your heart*: The most important aspect of our lives is the quality of our relationships. Anyone can do it poorly and it takes clear consciousness to do it well. For building high performing teams, you will be taught how to measure your teams and serve as the facilitator all within the context of team building exercises that you can take back to your workplace. The final session is based on Jeff Patnaude's book, **Living Simultaneously, Balancing Self-Care, Relationships and Work**. This critical component allows the opportunity to work with a peer coaching team who helps guide each other toward a Transformational Life. The final component of the day is centered on appreciation and gratitude and concludes with the Golden Apple awards and a Golden Apple project that will remain as a part of your legacy.

Fee: \$5,700 per participant -- includes all testing instruments, meals and facility, as well as an invitation to on-going consultation. Travel and hotel are at the participant's expense.

Groups for this particular program are generally limited to a maximum of 6 participants.

The Process Includes:

- ❖ Developing an Executive Presence – Values, Purpose, Work, Legacy
- ❖ Myers Briggs Type Indicator – determines Psychological Type and preference
- ❖ The EQ Instrument for determining Emotional Intelligence
- ❖ Presentation Skills Training
- ❖ Facilitator Training for your own Team Development
- ❖ Listening Skills
- ❖ Multi-factor Leadership Quotient – an instrument to measure the five qualities of the transformational leader

Type and Coaching Leaders Guide

- ❖ Goal setting with accountability
- ❖ Bi-monthly Triad phone conversations and peer mentoring
- ❖ Work/Life Balance planning
- ❖ Membership in a social network for Transformational Leaders

Golden Apple programs are held at "The Farm", located on a mountain-top of 200 acres in Warrenton, Virginia. Among peaceful trails, a barnyard of farm pets, an 1846 log cabin and the grandeur of the Blue Ridge Mountains, this setting becomes your tranquil retreat for the transformational work of a curious soul.

All of the Learning Programs offered by Golden Apple may be held on your site.

Jeffrey Patnaude, one of the pioneers in bringing together the worlds of work and spirit, is a master teacher, coach, speaker, author, consultant and priest. A creative and dynamic presence evoking personal and organizational transformation, he coaches to sustain a process of self-discovery and "inner management" skills needed for those who seek to enhance their behavior for more effective leadership in their business and personal lives. With an expertise in group dynamics and coaching leaders to lead authentic and vital lives, Jeff serves corporations worldwide in the area of leadership development.



Golden Apple
Center for Inner Excellence

Are you ready to move from Ordinary to Extraordinary?

7146 Hesperides Way Warrenton, Virginia 20186
contact us: 540-270-6825 or email: jeff@patnaude.com