



## CONSCIOUS LEADERSHIP COACHING PROGRAMS

Program	Deluxe program cost	Premium program cost
	Includes 8 hours of Direct coaching, preceded by weekly worksheets, over a 3 month period	Available as a self-administered course
Conscious Leadership Level I	4,750.00	<a href="#">2250.00</a>
Conscious Leadership Level II	5,500.00	-
Self-Leadership & Purpose	2,250.00	<a href="#">495.00</a>

### Ready to begin?

CLICK against each self-administered PREMIUM course to start straight away, and for DELUXE programs: Go ahead and schedule a consultation with your coach, Barbara Mutedzi, at: <https://calendly.com/bmutedzi/20minute?month=2021-05>

### All programs:

- Use coaching processes that starts from where you are as an individual or group
- Carving out tools that are scientifically tested and proven
- Working to increase awareness of where you are relative to where you want to be
- Identifying and addressing physical, psychological, socio-cultural and other gaps in the process
- Through continued research and iteration, the coaching process includes higher level leadership teachings embedded in eastern, western, spiritual and conscious paradigms

### The Conscious leadership programs are highly engaging & empowering;

- They flourishes in spaces where leaders together with their employees, find ways of fulfilling personal & professional goals for their families, organization & nation.
- They promote conscious and high performance habits for individuals, employees, leaders, organizations and all its stakeholders.

### Applying scientific & professional disciplines, I help leaders increase not only emotional intelligence and business acumen, but emotional agility in their home, work and personal spaces. This helps them in:

- Influencing consistent and higher level PERFORMANCE for them and their teams,
- To have IMPACT across the organization and for those they lead, serve and look after
- As they actively ensure that PURPOSE and where relevant PROFIT goals are met

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### Why these coaching processes?

They are interactive and paradigm-shifting, delivering leaders and leadership teams that are:

- Energized and enthused with increased **self-awareness**
- Able to think outside the box for solutions **beyond the obvious**
- Able to **lead with courage**
- Supporting and holding each other **accountable**
- Resulting in a **Strong, forward moving culture** delivering on **mission** and **goals**

### DELUXE coaching programs

- They each consist of 8-10 pre-curated worksheets.
- All worksheets are pre-curated using the MUTEDZI 3D Protocol: Define. Design. Display.
- Each worksheet includes **self-assessments** and **interactive exercises** that are **highly interactive** and **relatable** in that they use real time spaces that you engage in on an everyday basis, as the 'classroom' and learning space. **Your life is your classroom.**
- Some of the assessments include **personality tests, management and leadership assessments**, where you are on the **Maslow's hierarchy of needs** and on the **5 levels of leadership**, the **ikigai, obituary** and so on. With all the results, tailor made and individual or group coaching direction is given in your self-leadership or in leading others, as a way to increase your scores
- Each worksheet **builds on the other**, allowing for **incremental growth** with each interaction. Each worksheet precedes a **weekly coaching call** for support, feedback, analysis and further interaction with your content.

### COACHING CALLS

- Vary from a total of 8 – 10 per level and over a 3 to 6 month period, and depending on whether you are taking them as an individual or a group.
- The worksheets have been curated using both academic and professional knowledge and experience that your coach, Barbara Mutedzi is trained in:
  - Mainstream and deep, Jungian psychology
  - Socio-cultural and medical anthropology
  - Neuroscience-based coaching
  - Spiritualism and Conscious paradigms

### GROUP vs INDIVIDUAL coaching:

- In group coaching and as part of an organizational leadership program, the coaching process is aligned to organizational goals.
- The coaching process is therefore both individualized and collective, using both individual and collective responses (in the case of group sessions), as the guiding tool to the coaching calls and to highlight the amount of time needed to increase leadership skills.

## WORKSHEET CONTENT

Actual worksheet content specific to the conscious leadership programs

The self-leadership program includes on 65% of the level I content

### Conscious Leadership **Level I**

<b>Worksheets 1-4</b>	
<b>Defining with as much clarity our life, professional and business purpose</b>	
<b>Topics</b>	<b>Summary</b>
<ul style="list-style-type: none"> <li>a. Self-discovery</li> <li>b. Self-defining</li> <li>c. Designing one's life purpose,</li> <li>d. Planning around that life purpose,</li> <li>e. Adopting productive habits to support the purpose</li> </ul>	<p>This stage allows you to make clear your purpose and vision so you can align your profession and business within a clear framework.</p> <p><b>Psychological and leadership assessments</b> are included to help you define with clarity, your purpose, your leadership gaps and your understanding of your role in all your positions.</p>
<b>Worksheets 5-6: Aligning for absolute clarity and strongly supported by aligned plans, goals, system, processes and habits</b>	
<ul style="list-style-type: none"> <li>a. Re-evaluation of worksheets 1-4</li> <li>b. Leadership self-discovery</li> <li>c. Leadership self-defining</li> <li>d. Leadership designing</li> <li>e. Leadership self-displaying.</li> </ul>	<p>Instruction will be given in how you can align HR systems in your department, how to communicate the group strategy into your organizational strategy; and from there into your departmental and team strategy to individual level.</p> <p><b>It is leadership in action and practice.</b> Included are a management training and development analysis, and analysis of professional and management systems at work.</p>
<b>Worksheets 7-8</b>	
<b>Exploring self-transcendence (the most unknown aspect of hierarchy of needs), and spiritualism</b>	
<ul style="list-style-type: none"> <li>a. Self-transcendence vs actualization</li> <li>b. Spiritualism in life &amp; business</li> <li>c. Personal branding</li> <li>d. General wealth</li> <li>e. Business expansion</li> <li>f. Intrapreneurship</li> </ul>	<p>At this stage, we make sure all the above is being lived, whilst <b>cementing our purpose through personal branding, business expansion and intrapreneurship</b> in the work place</p>
<b>Worksheets 9-10</b>	
<b>Leading way beyond the self for inclusive, diverse and expansive leadership</b>	
<ul style="list-style-type: none"> <li>a. Higher forms of leadership through spiritual self and other-leadership and consciousness for the self and the other</li> <li>b. Western philosophy of leadership</li> <li>c. Ending the journey, sharing and perceptions.</li> </ul>	<p>These final worksheets, open the door to Eastern philosophy (the Tao Te Ching being a reference point), spiritualism in leadership through the eyes of neuroscience and quantum physics.</p> <p>Eastern philosophy actively embraces inclusive, diverse and expansive leadership in all of its forms.</p>

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## CONSCIOUS LEADERSHIP LEVEL II

The main topics are in expand on:

- Self-leadership in action
- Transformational leadership in action
- Entre & Intrapreneurship in action linked to team & business leadership
- Bigger platform leading: linked to team & business leadership

Self-leadership in action	Transformational leadership in action
<ul style="list-style-type: none"> <li>• Self-talk</li> <li>• Consciousness</li> <li>• Deep inner work</li> <li>• Ego and shadow</li> <li>• Emotional intelligence</li> <li>• Personas and masks</li> <li>• Forgiveness</li> <li>• Conversations with your inner child</li> <li>• Chakras and energy work</li> <li>• Faith guided self-leadership</li> <li>• Marriage and marriage leadership, relationships</li> <li>• Parenting and failed leadership</li> <li>• Buddhism &amp; Christian Leadership</li> <li>• Other religions</li> <li>• Time management and diagnosis</li> </ul>	<ul style="list-style-type: none"> <li>• Level 5 leadership</li> <li>• Leading teams and practicing self- transcendence in the work place</li> <li>• Leadership in the workplace</li> <li>• Being an effective leader: communication, time management</li> <li>• Assessing routines and habits</li> <li>• Gantt chart for life: project management</li> <li>• Addressing procrastination</li> <li>• Staff evaluations</li> <li>• Vulnerable leadership</li> <li>• Failed leadership</li> <li>• Connecting with other leaders</li> <li>• Professional leadership</li> <li>• Interconnectedness</li> </ul>
<p><b>Entre &amp; Intrapreneurship in action linked to team &amp; business leadership</b></p>	
<ul style="list-style-type: none"> <li>• Advisory leadership</li> <li>• Business leadership and partnerships</li> <li>• Business growth: exploring blitz scaling in action</li> </ul>	
<p><b>Bigger platform leading: linked to team &amp; business leadership</b></p>	
<ul style="list-style-type: none"> <li>• Political campaigning – why it’s important in business</li> <li>• African traditional leadership</li> <li>• Community, City, National &amp; government leadership</li> </ul>	

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