



## HELLO! & WELCOME TO THE CONSCIOUS LEADERSHIP PROGRAMS!

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### PRICING

Conscious SELF Leadership Program with Direct coaching by Barbara	\$ 2,250
Conscious SELF Leadership Course: Self-administered	\$ 495
Conscious LEADER-ship Program for Leaders, Organizations, Business Owners	\$10,250
Part I of the Conscious LEADER-ship program can be taken as a Self-administered Course	\$ 2,250

### MAIN PROGRAM SUMMARIES

#### Conscious SELF-Leadership

This program is geared to getting you on track to figuring out your life purpose, that is, Defining it with as much clarity as is possible. This is the 1<sup>st</sup> of the MUTEDZI 3D protocol that we use: Define. From there, we start to Design or create a roadmap for the life that is aligned to this purpose. Then we actively align our habits and behaviors in a way that helps is **LIVE A LIFE OF & ON PURPOSE** in all areas of our lives. We get you on track to living a higher more conscious life. This program is available as Direct Coaching with the Coach, or as a self-administered course. Link to course: <https://coursecraft.net/courses/z9VN3>

#### Conscious LEADER-ship for Leaders, Organizations, Business Owners

**Part I**, is curated to produce higher level, higher performing leaders, with strong management and leadership skills, but well on their way to **BECOMING LEADERSHIP ITSELF**. Not just a general leader, because anyone can do that. We work at actively increasing self-awareness, resulting in high levels of emotional intelligence, as we begin to cultivate emotional agility. All areas of their lives, are the 'classroom' to the program. This can be delivered with direct one on one coaching to both individuals and groups. This Part I of the program is also available as a self-administered course: <https://coursecraft.net/courses/z9ZNT>

**Part II** of the program will see participants actively and consciously **EMBODYING LEADERSHIP ITSELF**. It not only frees up even more time for leaders to focus on helping those they lead, to flourish and contribute at higher levels, but with high levels of self-awareness, emotional intelligence translated into emotional agility; it actively cultivates an inclusive, collaborative and growth mindset that is set within their own internal and strong foundation. The process I use and take, is a deeply ingrained process of literally rewiring our minds and brains for higher performance, whilst deeply connecting to the Divinity within all of us, for authentic groundedness. This part of the program is delivered to Individuals and groups

#### PRESIDENTIAL Conscious Leadership for national & regional leaders

A higher level conscious leadership process for those in national office and leading on multiple platforms. More information supplied at consultation. Coach approval is required to sign-up.



**CONSCIOUS SELF LEADERSHIP COACHING PROGRAM**  
Your Purpose is the Guiding Light to All your decisions & quality of life

**PROGRAM SUMMARY**

This is a revolutionary program that will increase your self-awareness in a positive way that encourages growth through the activities, exercises and reflective exercises included in the process. It is a guided program that lends to increased levels of self-leadership and management, not only for the Self, but as a precursor for living a life of and on purpose, whilst leading and managing others better. You are at the reigns of this course. The deeper you delve into the exercises included, the more you will get out of the course. The result will be higher performance and impact in all areas of your life.

**OUTCOME**

Engaging intently with the content will help you out of your comfort zone, challenging you in a way that will allow you to naturally transcend in all areas of your life. Everything is gently guided through an interconnected web of activities and exercises that will lead you to a space of self-realization as you begin the journey to self-transcendence.

**RE-ENGAGING WITH YOURSELF**

We sometimes forget who we are, what we are made of, what we are capable of and what gives us energy and strength. This process of becoming absolutely clear of the path that you want to continue your life journey on. It allows you to explore your personality and what makes you, YOU. From there we start looking at your current ways of self-care and self-love, from there, what activities you can start engaging in, in this regard.

**TIME FRAME**

The 1<sup>st</sup> 3 months are as follows:

**Month 1** is all about really getting to know who you really are. It is a space where you are gathering all the puzzle pieces to the person that you truly are; it gives you time to be able to accept where you are right now, so that you can make space for the journey you are about to take

**Month 2** we will now be painting the full picture of what your life should be like according to the puzzle pieces of who you really are. You are now putting the puzzle pieces from Month 1, into a framework that you will use as a reference point as you re-design your life.

**Month 3** should be about reinforcing the decisions and actions you started toward leading the life you have designed. It is also a time to continually reflect on all the exercises that you have undergone as a constant reminder until they become second nature.

If you commit to this process by being patient and kind to yourself and being OKAY with where you are right now, the tracks and foundation we will lay down for you now, will allow you to make the decisions and actions that will lead you to where you want to go 😊



## WORKSHEET CONTENT

### Worksheet 1: Self-Evaluation: Getting to know yourself

- This worksheet is a starting point to charting your life. Some of the exercises may have seemed quite emotionally and intellectually difficult to take, especially the Obituary (emotionally challenging) and the Ikigai (intellectually challenging). But what I can tell you is that it will become easier.
- **3 Main topics:** Getting to know yourself; Defining the life you want; Reflection & Self-assessment

### Worksheets 2: Self-grounding: Finding your space

- This worksheet will help you identify your personality, which will allow you to understand some of your traits and why you may behave the way you do. It will allow you to evaluate the gaps in your self-care and self-love activities; and to start thinking on what you can start doing to appreciate and celebrate yourself.
- **5 Main topics:** Embodying your obituary; Recording your affirmations; Being absolutely clear on you're the life you want to live; Exploring self-love; Your circle

### Worksheets 3: Self-structuring: Designing your life

- This worksheet, will help you to chart the activities that you need to engage in for the different areas of your life; looking at where you are, where you need to be and what you need to do in between to get to where you need to be. The outcome would be a beginning restructuring of your life for higher efficiency and with time performance.
- **3 Main topics:** Actively Designing your life; Putting together your life strategy; Managing & Directing the different departments of your life, from friendships, to finances, time management, business & other

### Worksheets 4: Self-Leadership

- The purpose of this worksheet, is to now look more closely at your self-leadership; taking a deep dive into how your life strategy (from the exercises in worksheets 1 to 3) can be used as guides to increase your self-leadership, performance and impact. We expect the outcome to leave you in a space where you can actively adjust and reinforce behaviors and thought patterns around your everyday life and in line with your vision.
- **8 topics:** Self-leadership; Establishing routines; Putting your life strategy into focus; Pitching your life like a Business; Thinking of life rewards in a different way; Relationships; Redressing fears; Self-assessment

### Worksheet 5: Self-Evaluation: Getting to know yourself

- The purpose of this worksheet is to now start the journey of leading yourself beyond just the physical you. Now that you are more self-aware from the exercises from before, we can now turn our attention to our inner persona.
- **5 Main topics:** Renewed affirmations; Self-leadership assessment; Hierarchy of Self-leadership; Your work engagement; Understanding self-transcendence

### Worksheets 6: Your personhood & existence

- The purpose of this worksheet is to refocus your attention on your personhood. You will experience a renewed connection with the self. The question – who are you really – will arouse the journey of continued deep work to self-transcendence. The work will leave you thinking bigger and beyond nations.

- **4 Main topics:** Exploring the concept of who you really are; Re-establishing the self; Life & leadership; Eastern philosophy of existing

#### **Worksheets 7: Knowing yourself more**

- This worksheet explores more aspects of the self, providing more insight into you the Human, as you are guided by your spirit, your soul, your inner / higher power
- **3 Main topics:** Body, mind & spirit energy connection; Spiritual practices; Evaluation & reset of daily habits

#### **Worksheets 8: Self-Expansion**

- As we start our conclusion journey of this program, we want to make sure you are cemented in your beingness, understanding that you are the co-creator of your world. You and your inner / higher power. Increasing your vibration, energy and well-being is important; being the strong, focused and all-inclusive antenna for all the goodness that is waiting for you and those you lead, serve and look after.
- **4 Main topics:** Healing your mind, body & spirit through Joe Dispenza's work; Meeting the person we are meant to be; Conversations with your inner child; Self-Leadership through visualizations and openness to oneself

#### **Worksheets 9: Self check-in; Consciously Managing your time & Creating your own sheet**

- The purpose of this worksheet, is to make sure we covered all our wishes and dreams as we move forward; to continue improving on your time management; to give you ideas of activities to place in your last worksheet, which you will be responsible for putting together, using your self-leadership muscle you have gained in this program.
- **Main topic:** Consciously managing your time

#### **Worksheets 10: Self-Directing with one's own worksheet**

- As we start our conclusion journey of this program, we want to make sure you are cemented in your

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*Or Contact Barbara at: [designyourlifefoundation@gmail.com](mailto:designyourlifefoundation@gmail.com)*

#### **YOUR COACH**

Barbara Mutedzi is a Conscious Leadership Coach, with a background in Psychology, Socio-cultural & Medical Anthropology and Neuroscience-based coaching. Barbara's life purpose is to help all she works with and for, to harness and control the power they have within themselves to live their life purpose in all areas of their lives. Self-leadership being a big component in leading, serving and looking after those around us.



## CONSCIOUS LEADER-ship COACHING PROGRAM

People + Performance = Purposeful Profit

### PROGRAM SUMMARY

The program is in 2 parts:

**Part I**, is curated to curate higher level, higher performing leaders, with strong management and leadership skills, but well on their way to BECOMING LEADERSHIP itself. Not just a general leader, because anyone can do that.

We work at actively increasing self-awareness, resulting in high levels of emotional intelligence, as we begin to cultivate emotional agility. All areas of their lives, are the 'classroom' to the program. Part I, is delivered with direct one on one coaching to both individuals and groups; and this part of the program is also available in the form of a self-administered course

**Part II** will see participants actively and consciously EMBODYING LEADERSHIP itself. It not only frees up even more time for leaders to focus on helping those they lead, to flourish and contribute at higher levels, but with high levels of self-awareness, emotional intelligence translated into emotional agility.

Part II actively cultivates an inclusive, collaborative and growth mindset that is set within their own internal and strong foundation. The process I use and take, is a deeply ingrained process of literally rewiring our minds and brains for higher performance, whilst deeply connecting to the Divinity within all of us, for authentic groundedness. This part of the program is delivered to individuals and to groups.

### WHO THIS IS FOR

If you are organization, an entrepreneur, and business owner who truly understands the deep need for people to take a journey into true self-discovery, beyond the psychology and the socio-cultural restrictions, into more conscious, deeply self-aware, and therefore more authentically grounded contributions, this is for you and your team. The more ingrained in our true-selves, the more we contribute; hence: People + Performance = Purposeful Profit.

This program brings the whole Human along the journey, helping them clarify and connect to their purpose as the guiding torch to all life decisions and actions. It is for organisations, business owners and entrepreneurs:

- Looking for a holistic, robust program that brings the full human to the forefront, this is it.
- For those ready to see and experience, lasting, authentic change in the way they do leadership, not only in their organizations, but in their industry, nation and region.

### OUTCOMES

As an interactive, paradigm-shifting process, that will deliver leaders and leadership teams that are:

1. Energized and enthused with increased **self-awareness, emotional intelligence & agility**
2. Able to think outside the box for solutions **beyond the obvious**
3. Able to **lead with courage**
4. Supporting and holding each other **accountable**, in a space of focused clarity and transparency
5. Resulting in a **Strong, forward moving culture** delivering on **mission** and **goals**



## CONTENT

Content uses scientifically tested and proven tools that encourage LEADERSHIP GROWTH ON THE GO. Your coach, Barbara has a background in and therefore uses teachings from psychology, socio-cultural and medical anthropology, as well as neuroscience-based coaching to substantiate the work.

Content is curated through continued research and iteration to include higher level leadership teachings and philosophies from Eastern, Western and African, to spiritual and conscious paradigms. The more we engage with DIFFERENT PHILOSOPHIES, the more self-aware we become, the higher our EQ

To Increase EMOTIONAL AGILITY, the program actively uses each participant's daily activities as reference points of action. This makes the program relevant to their work stations and growth needs, engaging and empowering in real time.

Program content hinges on increasing awareness of where each participant is, relative to where they need to be in all areas of their lives; whilst addressing physical, psychological, socio-cultural and other gaps in the process

## STRUCTURE

The program follows the MUTEDZI 3D Protocol: a 6 month / 24 week process of combined worksheets and coaching calls with the coach for the Direct coaching option. Pre-curated worksheets are electronically shared to each participant each week of the 6 month period. Two (2) of these worksheets are self-curated by participant to increase ownership of the coaching process. Worksheet exercises set the foundation for the coaching calls.

The worksheets consists of scientific tools and assessments ingrained in:

1. Mainstream and Jungian psychology to help each participant explore whom they are relative to whom they need to be as an individual first. Tools from the Western philosophy of leadership are used in the initial worksheets as self-assessment and evaluation tools, with results shared with the coach.
2. Socio-cultural and Medical Anthropology underpinnings are used to explore how our socio-cultural settings, contexts and worldviews have and continue to influence our decisions and actions. Eastern and African philosophies of leadership are made reference to for increased inclusion and diversity mindsets in all participants.
3. Neuroscience explores our belief systems, words and thought process as they guide our leadership behaviors, actions and reliance. This lends to higher levels of consciousness and connection to our inner and higher power toward self-transcendent leadership.
4. Mindset is a big component of Neuroscience. The worksheets are therefore not only exercise forms, but their content and engagement are analyzed. Words and phrases, for example, are psycho-analyzed and explored during coaching calls, to reveal deeply seated belief systems that either need to be elevated where they are helpful and addressed where they hinder leadership progress.

## COMPREHENSIVE NATURE OF THE PROGRAM

So many of the challenges and the outlooks that organizations and leaders are looking to either solve, and or to move toward, are both caused by, and solved by the humans within the organization. When we work at helping People truly understand who they are, from a deeper more conscious level, and from there align their purpose with that of the organization, win-win scenarios are created across the board. Any and all challenges are resolved quicker; leaving room for deeper connections, innovation, sustainable growth and expansion.



## ACTUAL WORKSHEET CONTENT

### PART I

#### Worksheet 1-4

**Purpose: Defining with as much clarity as possible, our life, professional and business purpose**

- This stage allows you to make clear your purpose and vision so you can align your profession and business within a clear framework.
- **Psychological and leadership assessments** are included to help you define with clarity, your purpose, your leadership gaps and your understanding of your role in all your positions
- **5 topics:** Self-discovery; Self-defining; Designing one's life purpose, Planning around that life purpose; and Adopting productive habits to support the purpose

#### Worksheets 5-6

**Purpose: Aligning for absolute clarity and strongly supported by aligned plans, goals, system, processes and habits**

- 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.
- **It is leadership in action and practice.** Included are a management training and development analysis, and analysis of professional and management systems at work.
- **5 topics:** Re-evaluation of worksheets 1-4; Leadership self-discovery; Leadership self-defining; Leadership designing; Leadership self-displaying.

#### Worksheets 7-8

**Purpose: Exploring self-transcendence (the most unknown aspect of hierarchy of needs), and spiritualism**

- At this stage, we make sure all the above is being lived, whilst **cementing our purpose through personal branding, business expansion and intrapreneurship** in the work place
- 6 topics: Self-transcendence vs actualization; Spiritualism in life & business; Personal branding; General wealth; Business expansion and Intrapreneurship

#### Worksheets 9-10

**Purpose: Leading way beyond the self for inclusive, diverse and expansive leadership**

- These final worksheets, open the door to **Eastern Philosophy** (the Tao Te Ching being a reference point), **spiritualism (inner wisdom) in leadership, through the eyes of neuroscience & quantum physics**
- Eastern philosophy actively embraces inclusive, diverse and expansive leadership in all of its forms.
- 3 'delving deeper into the psyche' topics: Higher forms of leadership through spiritual self and other-leadership and consciousness for the self and the other; Western philosophy of leadership and Ending the journey, sharing and perceptions.

### PART II

**Purpose: The Conscious Leadership Part II topics, 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

These are listed in the table below:



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>

Entre & Intrapreneurship in action: Linked to Team & Business Leadership	Bigger platform leading: Linked to Team & Business Leadership
<ul style="list-style-type: none"> <li>• Advisory leadership</li> <li>• Business leadership and partnerships</li> <li>• Business growth: exploring <b>blitz-scaling</b> in action</li> </ul>	<ul style="list-style-type: none"> <li>• Political campaigning: understanding it &amp; why it's important in business</li> <li>• Ancient cultural &amp; traditional leadership</li> <li>• Community, City, National &amp; government leadership</li> </ul>

### YOUR COACH

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### ENGAGING BARBARA

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**DYL COACHING SERVICES & PRODUCTS**

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**Helping you sharpen your leadership skills for higher performance, impact & purposeful profit**

SPECIALISED	RESULT	Stage	Pricing
Building your Business For Entrepreneurs	A strong business strategy agile and flexible with changing market needs, with in-built and simplified monitoring, evaluation and performance tracking. Link: <a href="https://designyourlifefoundation.com/building-your-new-business/">https://designyourlifefoundation.com/building-your-new-business/</a>	Foundational Social media	495 295
Yoga & Mindful Meditation For Any & All	Information available on inquiry: At the moment, there is Yoga for Adults, Yoga for teens, Mindful Meditation workshops and Mind, Body & Soul retreats.		
Sports High Performing Mindset For Sports Persons	Up-leveling your performance by harnessing the power of your mind to increase and sustain high performance through 5 main areas of your holistic wellbeing. The result is improvement on performance; reconnection with your inner strength, esteem and confidence; creation of a holistic support system; identification of, and addressing emotional and performance fears; focused clarity around long term holistic goals; team cohesion & camaraderie. Individual packages include:  1. Introductory: 3 x 1 hour sessions over 1 month 2. Short term: 6 x 1 hour sessions over 2 months 3. Medium term: 10 x 1 hour sessions over 3 months	Introductory Short Medium Long	675 1,575 2,500 TBA

PRODUCTS	DESCRIPTION	Pricing
DYL Diary	TBA	TBA
Books authored by Barbara Available on Amazon x 2	1. Am I Insane, Black or Just a Woman 2. Advocating for Children & Adolescents Living with HIV in Harare, Zimbabwe	AMAZON AMAZON
eBooks authored by Barbara Available for download	1. Making time for Practice Conscious Leadership with Barbara Mutedzi 2. Making time to Figure out and Live your life purpose 3. Cultivating Self-Leadership: A collection of 25 articles & exercises 4. Transitioning from an 8 to 5 full time job to running your own business Link to above eBooks: <a href="https://designyourlifefoundation.com/e-books/">https://designyourlifefoundation.com/e-books/</a> 5. Link to complimentary book on Organizational leadership: <a href="https://mailchi.mp/4abe0a8484d8/updatesfrombarbara">https://mailchi.mp/4abe0a8484d8/updatesfrombarbara</a>	9.95 8.95 7.95 6.95



## DYL COACHING SERVICES & PRODUCTS

<https://designyourlifefoundation.com> / [designyourlifefoundation@gmail.com](mailto:designyourlifefoundation@gmail.com)

Helping you sharpen your leadership skills for higher performance, impact & purposeful profit

COURSES	FOR	RESULT	COST
Basic Finances	Young people & professionals starting out;  and or  Seasoned professionals needing a reset  Can be available on the links supplied on the right, or as Email-based courses	Putting your financial house in order, with exercises that highlight and address where you are now, whilst creating a financial blueprint to get you to where you need to be. The link to the course: <a href="https://coursecraft.net/courses/z9VPX">https://coursecraft.net/courses/z9VPX</a>	99
Developing your career mindfully		This course points you in the direction of where you would like to go by asking you to answer questions that make clear, your short, medium and long term goals aligned to your career development. From there, the course material asks how you are going to attain these so you can start working toward them as you engage with it. At the end of it, you will have a clear career development process to follow: <a href="https://coursecraft.net/courses/z9ZNV">https://coursecraft.net/courses/z9ZNV</a>	99
Consciously managing your time, planning & goal setting.		As you begin this course, the assumption is that you know what your goals are, and are seeking help in planning them as you manage your time. Where you may not know what your goals are, illustrations and examples will be shared. However, in-depth exploration can be learnt through the Self leadership course on Page 1. In the meantime, here is the link for this course: <a href="https://coursecraft.net/courses/z9VPW">https://coursecraft.net/courses/z9VPW</a>	99
CV & Cover Letter writing with Interview skills		This course is specifically curated for those completing high school to recent university and college graduates – however, life lessons intertwined within the text are universal across ages and gender. Course link: <a href="https://coursecraft.net/courses/z9SKO">https://coursecraft.net/courses/z9SKO</a>	99

EXTRA	PROCESS	COST
Book Coaching Club Level I	Level I is linked to 5 books on key aspects of personal development & success.  Level II on 6 books that help you tap into your inner & higher power.	475
Book Coaching Club Level II	With the selected books, you read the designated 1 to 2 chapters of the day; you share what you have learnt from the subscribed chapter for that day; and you share one action step you are going to take toward your goals each day. All before 8am.  The differentiation factor is that I, your coach will (a) share a teaching form the daily designated chapter / s of the day and (b) provide you with coaching advice on each action step you will take that day. Link for more information: <a href="https://designyourlifefoundation.com/bookclub/">https://designyourlifefoundation.com/bookclub/</a>  Here is a link to a complimentary book that you can start on at any time. You can do it at your own pace, with no feedback from me. The book is on basic finances, told through a story of a Nigerian group of women friends. It's fun and engaging, whilst also full of lessons around money and quality of life. Do sign up and continue growing: <a href="https://coursecraft.net/courses/z918R">https://coursecraft.net/courses/z918R</a>	575