

Intellect.
executive



Our Signature Solutions .

Our Signiture Solutions .

1. Leadership Development

2. Executive coaching & Coach training

3. Team effectiveness Team effectiveness

4. Sustainable Innovation & Intrapreneurship

5. Culture Transformation & People Analytics

6. Corporate Wellbeing & Engagement

1. Leadership Development •

- **Mentorship Program**
- **The Leader The Coach**
- **Authentic Leadership**
- **Change Management**
- **Aligning Personal Goals And Business Goals**

Mentorship Program .

Three Days Online/Offline

Whether you're a first time leader or have years of experience, improving your mentoring skills is essential. As a manager you have an opportunity and responsibility to guide others toward effective solutions to the challenges they face. Having the guidance, encouragement, and support of a trusted and experienced mentor can provide a mentee with a broad range of personal and professional benefits, which ultimately lead to improved performance in the workplace.

Key Benefits

- **Mentorship Essential Qualities**

Comprehend the 3 C's of mentorship: clarity, communication & commitment.

- **Knowledge Management**

Focus on the transfer of knowledge, it becomes a way to give employees the hard skills they need to succeed in their current roles.

- **Social Capital Investment**

Understand the power of mentoring on the whole population, because mentorship is an on going positive trust based connection of support and guidance.

- **Emotional Intelligence**

Understand how your EI impacts your behavior and influences how you deal with others as a mentor.

- **Constructive Feedback From A Mentor**

Know how to give a constructive feedback as a mentor, it is the mentor's responsibility to give mentee feedback to move forward in his or her career.

1. Leadership Development

Mentorship Program .

Three Days Online/Offline

Program Topics Covered

- Recent researches on behavioral change and learning (from fear to insight based learning)
- Breaking the myth of inconvenience (5 myths of inconvenience)
- How humans learn (From fear based learning to Insight based learning)
- How humans learn about themselves (Meaning making machine)
- The three major motivators of high performance by Daniel Pink
- Emotional intelligence as key competency for mentorship
- Handling emotional triggers
- Knowhow to shifting your emotions (Conversation intentions, emotional intentions, highest regards)
- Mentor essential qualities
- Mentoring styles (Myburgh)
- How do you listen to what they say? (Process and Flaws)
- Listening to your three centers in conversations (Head, heart, gut)
- Knowledge Management (Transmission & Absorption)
- Modes of Knowledge transfer VIA mentoring
- AID Feedback model (Action, Impact, Desired outcome)

Some Of Our Clients Who Took This Program



The Leader The Coach Program.

Two Days Online/Offline.

In the face of rapid, disruptive change, companies are realizing that managers can't be expected to have all the answers and that command-and-control leadership is no longer viable. As a result, many firms are moving toward a coaching model in which managers facilitate problem solving and encourage employees' development by asking questions instead of providing answers, supports employees instead of judging them.

Key Benefits

- **Transformational Leadership**

Understand the 3 components of leadership; Emotional Intelligence, Leadership & Coaching.

- **Coaching Cases**

Strategize & practice developmental coaching sessions.

- **Coaching Competencies**

Understand & practice coaching competencies, techniques & tools.

- **Coaching Psychology**

Comprehend the power of having a coaching mindset in the day to day situations as a leader.

- **Support Vs. Challenge In Coaching**

know how to handle the challenges of being both a leader & a coach.

- **Critical Situation Response**

Helps leaders manage and support their teams in a more Emotionally Intelligent way.

1. Executive Coaching & Coach Training

The Leader The Coach Program.

Two Days Online/Offline.

Program Topics Covered

- Transformation cycle through emotional intelligence, leadership and coaching
- Different roles of leadership- Coaching, mentoring and managing
- The difference between different practices
- Situational Leadership model- The role of coaching in development and performance conversations- Examining cases and situations
- Coaching models that are most useful for changing people's minds as well as solving problems.
- Listening at its different levels
- The art of questioning that make others think.
- Techniques for staying present and managing emotions during a coaching session
- Development & performance conversation using coaching
- Feedback techniques to use in a coaching conversation
- Emotional intelligence as an important skill for leadership
- GROW MODEL – leadership coaching in practice
- Create your development plan for improvement

Some Of Our Clients Who Took This Program

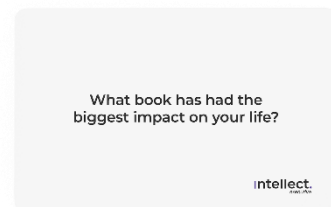


1. Executive Coaching & Coach Training

The Leader The Coach Program.

Two Days Online/Offline.

Training kit sample



Authentic Leadership Program .

One Day Online/Offline

Authentic leaders—people whose inner compass guides their daily actions and enables them to earn the trust of subordinates, peers, and shareholders. In this program, Leaders will experience different self-awareness practices (Purpose and values), choose their best-fit leadership style, explore techniques for self-discipline and effective communication strategies among their teams.

According to a study in the Leadership & Organization Development Journal, employees' perception of authentic leadership serves as the strongest predictor of job satisfaction and can have a positive impact on work-related attitudes and happiness.

Key Benefits

- **Cultivate Self-awareness**

Lead with integrity through discovering purpose, values & strengths.

- **Increase Empathy And Ethics**

Gives you the ability to make necessary decisions with integrity and allows you to support your team.

- **Trust Building Through Authenticity**

Understand the importance of building trust through authentic leadership.

- **Grow Into A Results-focused Leader**

Empowers you to create a future beyond your present reality and enables you to energize your employees to see the vision as clearly as you do.

1. Leadership Development

Authentic Leadership Program .

One Day Online/Offline

Program Topics Covered

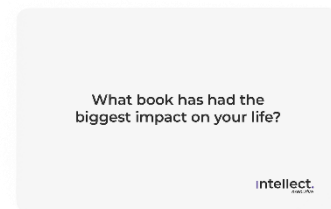
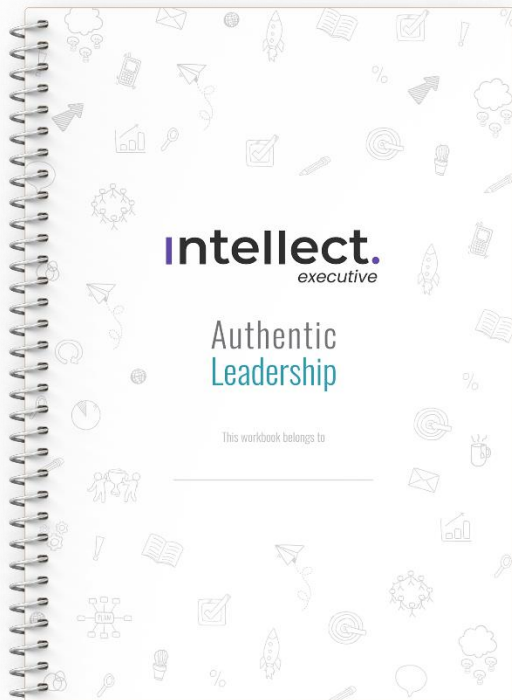
- The Universal model of leadership
- Your leadership journey
- Leadership reactive side
- Reactive side case studies
- Identity hooks
- Reactive side acclaimed benefits
- Cost of reactive tendencies on leaders and teams
- Knowhow to balance your reactive side
- How would each reactive side react in “Bonus” Situation
- Creative side experiential activity
- Creative side Model & Rating
- Leader 2.0 canvas structure
- Values assessment and explanation
- Leadership main drivers
- Leading team (structure and strength)
- Leadership Personal Statement

1. Leadership Development

Authentic Leadership Program .

One Day Online/Offline

Program Toolkit



CHARACTERISTICS of AUTHENTIC LEADERS



TRUE TO THEMSELVES

No matter what kind of leadership style you use (collaborative, agile, etc.) being true to your values and principles is key to be an Authentic Leader.



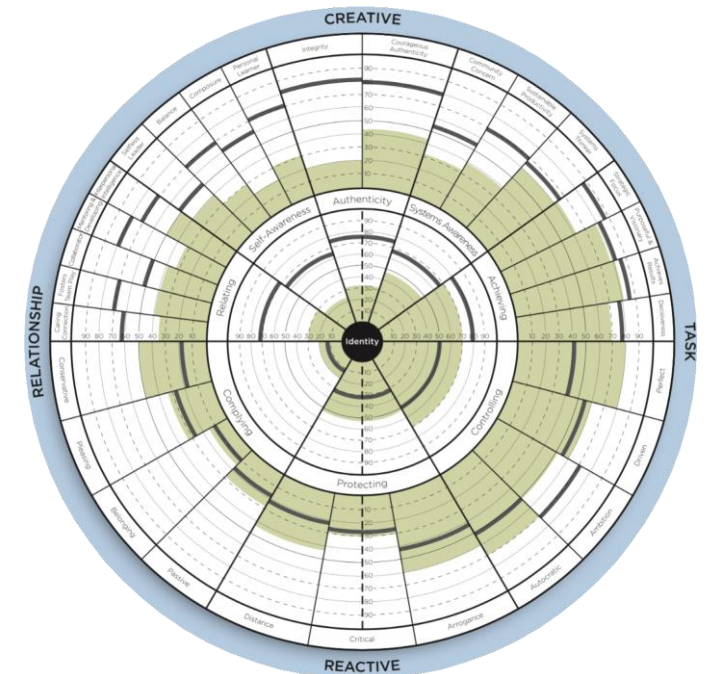
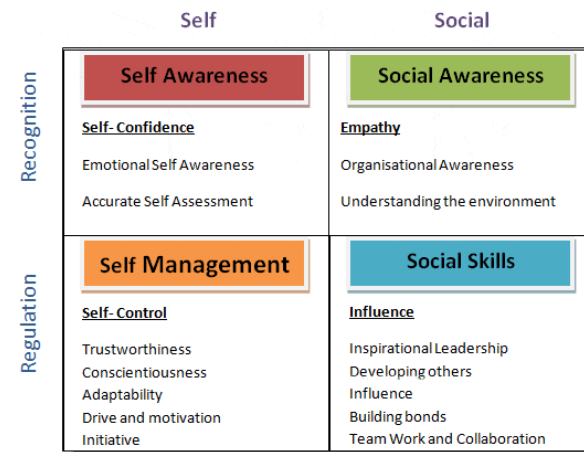
SELF-AWARE

Reflect and understand yourself, by being honest about your strengths, weaknesses, and needs.



PROACTIVE

Your life story itself isn't as important as how you evaluate it and take appropriate action.



Change Management Program .

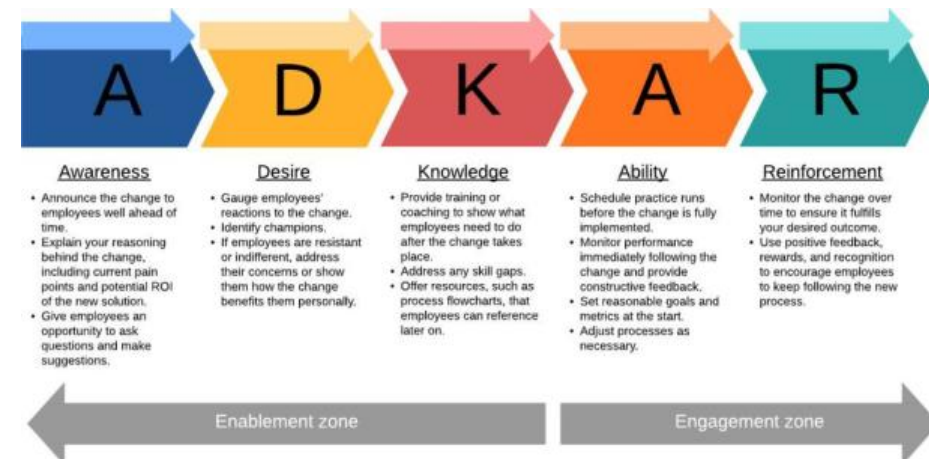
Four Days Online/Offline

“Change is the only constant”, is a well known quote that has garnered popularity in the corporate arena as it astutely depicts the reality of doing business. Accordingly organizations and business communities have been practicing change management since the sixties. Change Management is a framework of approaches and methods aimed at preparing, equipping and supporting individuals, teams and organizations through the successful implementation of changes, with continuing results. In order for change to be successfully adopted, change management spans across the entire organization, including everyone from management to frontline employees.

Intellect’s Change Management Training is a four-day interactive learning experience during which attendees gain working knowledge, skills and tools used in leading successful change initiatives.

Key Benefits

- Understand Change and How to Manage it
- Comprehend Organizational Change Roles
- Apply Change Management Framework to facilitate Organizational and Individual Change



1. Leadership Development

Change Management Program .

Four Days Online/Offline

Program Topics Covered

Day 1: Setting The Foundation

1. Introduction to Change Management
2. The Risk of Not Changing
3. Who Does What, When
4. Change Management Roadmap

Day 2: Change Project Planning and Preparation

1. Creating and Disseminating Change Awareness
2. Understanding and Communicating The Need for Change
3. Establishing Executive Sponsorship
4. Motivating Participation in Change
5. From Manager to Change Leader

Day 3: Change Implementation

1. Change Management Competencies
2. Building Change Management Knowledge

3. Engaging Employee Involvement in Change
4. The Role of Subject Matter Experts
5. Managing Performance Through Change

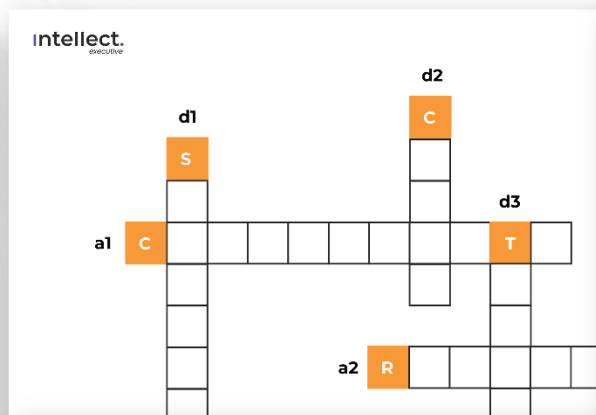
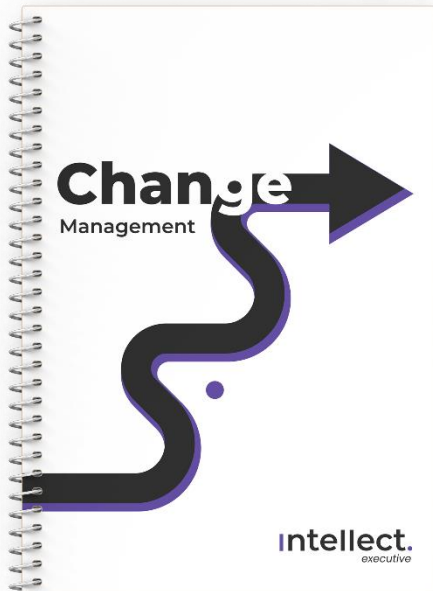
Day 4: Sustaining Results

1. Celebrating Milestones and Recognizing Efforts
2. Auditing Performance Measures
3. Establishing and Maintaining Accountability
4. Reinforcement and Feedback
5. Ongoing Support and Improvement
6. Understanding Internal and External Challenges to Change
7. Identifying Resistance
8. Dealing with Employee Resistance
9. Strategies for Addressing Manager Resistance
10. Wrap-up

Change Management Program .

Four Days Online/Offline

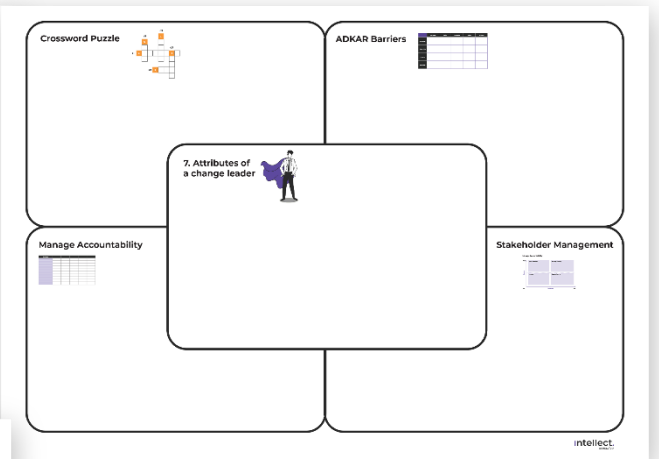
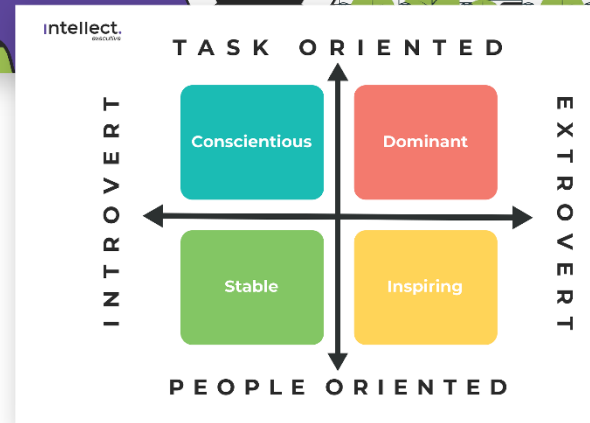
Program Toolkit



ADKAR Barriers

	Awareness	Desire	Knowledge	Ability	Reinforce
Employees					
Supervisors					
Managers					
Executives					

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Aligning personal goals and business goals .

One Day Online/Offline

How to set personal objectives to create balance in life? How to create team objectives to ensure team Growth? How to ensure personal and team objectives serve business objectives?

These are questions that needs to be answered. In this program, we help attendees find the internal motivation to reach peak performance by aligning the personal, team and business objectives.

Key Benefits

- **Discover Your Long Term Objectives**

Discovering your personal objectives on both business & personal aspects.

- **Cascade Goal Alignment**

Team discussion on how to reach the objectives.

- **Prioritize Your Goals**

Create a simple individual development plan.

- **Celebrate Team Effectiveness**

Finding relationships between personal objectives, team objectives & business objectives.

Aligning personal goals and business goals .

One Day Online/Offline

Program Topics Covered

- Definition of personal objectives
- Introduction to career values and types
- Rank values according to fulfillment
- What common goals do you have with your team?
- Link common goals to your career values common goals
- Your needs and expectations from your team
- Identify the gap between personal and business goals
- Team Canvas model

2.

Executive Coaching & Coach Training .

2. Executive Coaching & Coach Training •

- One to one
- Group coaching
- In house certification

2. Executive Coaching & Coach Training

One-on-one Executive Coaching .

Coaching sessions packages will be done upon client's needs

One of the best approaches to support both high scale initiatives as well as direct targeting to further coachee's potential thus organizational success. Great leaders conduct 1-1 Coaching Sessions with their team members on a regular basis. When done correctly, the 1-1 Coaching Sessions have the potential to build alignment, enhance commitment to the leader and organization, and, most importantly, make a significant impact on team member performance.

Key Benefits

- **Focused Personal & Professional Development**
Reconnect with desires, goals & drivers.
- **Reconnect with desires, goals & drivers.**
Support with seeing the uniqueness & value of employee.
- **Foster Company Culture**
Helps directly improve & grow company culture. Therefore, retain happy, productive employees.

2. Executive Coaching & Coach Training

One-on-one Executive Coaching .

Coaching sessions packages will be done upon client's needs

Program Topics Covered

- Developmental Coaching based on IDP
- (Psychometric, Developmental, Leadership) Assessment followed by Coaching
- Performance Coaching

Some Of Our Clients Who Took This Program



2. Executive Coaching & Coach Training

Group Coaching.

Group Coaching Sessions Packages Will Be Done Upon Client's Needs.

Group coaching is a coaching methodology which brings a group of employees to a specific purpose/ goal with the help of a coach who facilitates discussions and runs structured activities for the group in order to bring different insights and knowledge to light that ultimately encourage learning, growth, and complex problem-solving. As a matter of fact, group coaching helps employees discover alternative viewpoints, provides an opportunity to give and receive feedback, and builds relationships that are based on trust and a shared experience.

Key Benefits

- **Accelerates The Organization's Learning Capacity**

Help team deconstruct, discuss, and resolve workplace concerns.

- **Perceptive Questioning And Reflective Listening**

Focus on questioning & reflecting, rather than on stating facts & opinions or giving advice.

- **Resolve Problems**

Offer the chance to discuss workplace challenges and solutions that you may not have thought of on your own.

- **Enhance Creative Thinking**

Increases creativity due to the pool of shared information & experiences that happen through out the session.

2. Executive Coaching & Coach Training

Group Coaching.

Group Coaching Sessions Packages Will Be Done Upon Client's Needs.

Program Topics Covered

- Conflict Management
- Impactful Communication (DISC)
- Wheel of Life
- Career Values
- Health & Lifestyle Change
- Values Alignment
- Feedback
- PERMA+H

Some Of Our Clients Who Took This Program



2. Executive Coaching & Coach Training

In-house Certificate Certified Professional Coach Program .

Ten Days Online/Offline

Tailored to fit with the Arab culture and approved by the International Coach Federation (ICF), Intellect's Certified Professional Coach (CPC) Program is the first in the world to be delivered in the Arabic language. The certified professional coach is responsible for; discovering & aligning with what the team member wants to achieve, encouraging teams' self-discovery and holding the team responsible for their actions. During this program the participants will have the chance to practice what they learn under professional supervision. The in-class supervised coaching session is a great way to learn the coaching skills and gaining the confidence required to start the coaching practice.

Key Benefits

- **Self Awareness**

Embark on a self-awareness journey tackling self-concept, beliefs, values, habits and more.

- **Coaching Structure**

Understand the essence of coaching structure to prepare & execute coaching activities.

- **Emotional & Social Intelligence**

Get into a deeper level of understanding how others perceive us & areas of improvement that is applicable to the workplace.

- **Coaching Competencies**

Learn the art of questioning, active listening, compassion, trust and presence.

- **Coaching Tools**

Practice and explore different coaching tools that can facilitate creating awareness.

- **Coaching Practices**

Practice through coaching demos, in-class sessions, supervised sessions, cases and others to ensure skill mastery.

2. Executive Coaching & Coach Training

In-house Certificate Certified Professional Coach Program .

Ten Days Online/Offline

Program Topics Covered

- Defining coaching
- Fully understand and be able to differentiate coaching from other modalities such as mentoring, consulting and training and the boundaries of coaching
- Clarify differences between executive coaching, business coaching & life coaching
- Why coaching is so powerful – the neuroscience behind success
- The science behind the effectiveness of coaching to create positive sustainable change
- Essential coaching qualities
- ICF coaching competencies
- ICF code of ethics
- Coaching skills
- Building rapport
- Presenting techniques
- communication skills model
- Listening Skills
- Art of Questioning
- Reflecting, bottom-lining, and intuiting
- Acknowledgment
- Advanced Coaching Techniques
- Overcome limiting beliefs
- Overcome team change resistance
- Deep self understanding and exploration
- Help the team making the right decision
- Motivate and inspire the team
- Coaching structures and processes
- Intellect coaching model

2. Executive Coaching & Coach Training

In-house Certificate Certified Professional Coach Program .

Ten Days Online/Offline

Program Topics Covered cont'd

- Goal-setting
- CHOICES goal-setting model
- Structure for the momentum coaching session
- Setting and reviewing actions powerfully
- Creating insight and awareness
- Coaching tools
 - A spectrum of tools that support your coaching interactions
 - Coach workbook & tool book
 - Values assessment
 - Disc assessment

2. Executive Coaching & Coach Training

In-house Certificate Certified Professional Coach Program .

Ten Days Online/Offline

Training kit sample



3.

Team Effectiveness .

3. Team Effectiveness .

- The Five dysfunctions of a team
- Team canvas

The Five Dysfunctions Of A Team .

Five days online (four hours per day)

The Five Dysfunctions of a Team is a program based on the famous book “the five dysfunctions of a team” by the author Patrick Lencioni. According to Lencioni, there are five basic dysfunctions that teams commonly struggle with. These cause confusion, misunderstanding, negative morale and can impact entire organizations.

In this program, we will take attendees into a journey of awareness and reflection; where they will know-how to overcome these dysfunctions in order to become a more cohesive, highly functioning team. Through, combining the skill building with experiential exercises to help apply these concepts to your team.

Key Benefits

- **Trust Building**

Reconnect with your team through vulnerability based trust.

- **Beware Of Artificial Harmony**

Understand the know how to a healthy conflict.

- **Build Personal & Team Accountability**

Discuss regularly goals and standards.

- **Effective Communication**

Achieve a better communication criteria with your team.

- **Commitment & Team Alignment**

Adopt a “disagree and commit” mentality, make sure all team members are committed regardless of initial disagreements

- **Focus On Tangible Team Goals**

Reward individuals based on team goals and collective success.

3. Team Effectiveness

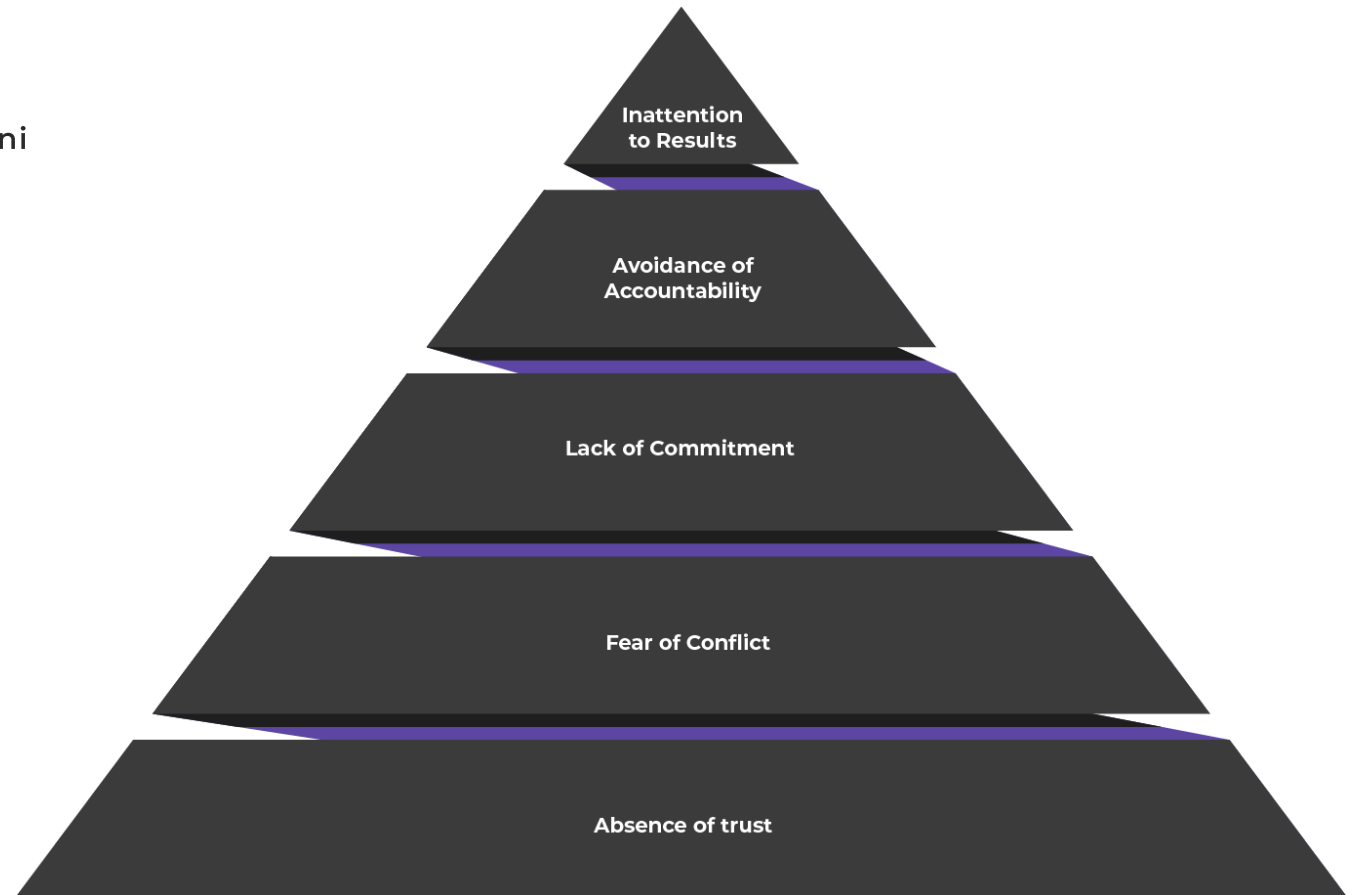
The Five Dysfunctions Of A Team .

Five days online (four hours per day)

Program Topics Covered

- The five dysfunctions of a team model by Patrick Lencioni
- The difference between functional and dysfunctional teams
- Effect of a dysfunctional team on team performance
- Vulnerability based trust
- Effective communication within your team
- Personal and team accountability
- Commitment and achieving goals
- Effective positive and constructive feedback

Some Of Our Clients Who Took This Program



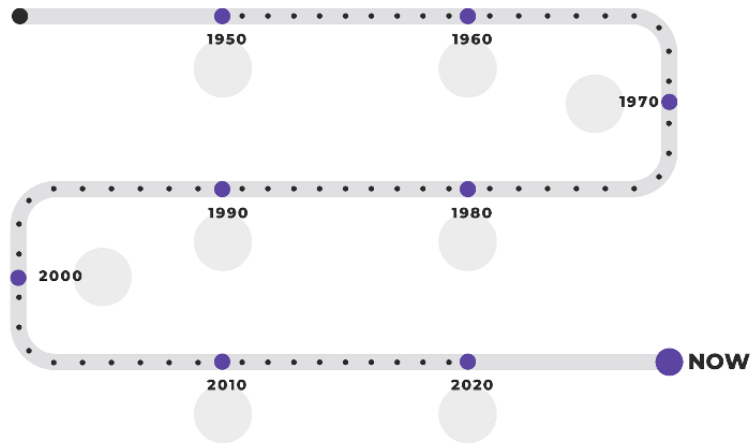
3. Team Effectiveness

The Five Dysfunctions Of A Team .

Five days online (four hours per day)

Training kit sample

Timeline Activity



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Celebration Board

My last year's achievement was...	My last year's achievement was...	My last year's achievement was...	My last year's achievement was...
My last year's achievement was...	My last year's achievement was...	My last year's achievement was...	My last year's achievement was...
My last year's achievement was...	My last year's achievement was...	My last year's achievement was...	My last year's achievement was...
My last year's achievement was...	My last year's achievement was...	My last year's achievement was...	My last year's achievement was...

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The Five Dysfunctions Of A Team



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Team Canvas Program .

Two Days Online/Offline

Team dynamics are the invisible forces that operate between any team. It relates to the interpersonal and interdependent process of work, how things get done, who does what and how team members relate to their tasks and each other. Team culture is what creates the dynamics of a team. According to Harvard Business Review, there are 8 different styles of company cultures that are based on how people act and how people respond to change.

Key Benefits

- **Resilient Culture**

Understand various pillars essential for creating a resilient & productive team

- **Team Culture**

Understand that culture is a key advantage when it comes to attracting talent.

- **Goal Achievement**

Check to see what needs & expectations are required for each team member to achieve.

- **Team Roles**

Identify people & their roles in a team.

- **Team Strength**

Look at the strengths & assets available now within the team to achieve the goals set.

- **Team Canvas**

Set the rules and activities that the team together.

3. Team Effectiveness

Team Canvas Program .

Two Days Online/Offline

Program Topics Covered

- Pillars essential for creating A resilient & productive team
- How teams mature over time (performing-norming-countertendency-dependency)
- Identify people and their roles in A team
- Look at the common goals that as team you would like to achieve in a feasible, measurable and time-bounded way;
- Brainstorm what each team member's personal goals are;
- Share what are the values of the team that they stand for and guide the way they work and operate
- Look at the strengths and assets available now within the team to achieve the goals set;
- Understand what weaknesses and risks are recognized individually and as A team;
- Check to see what needs and expectations are required for each team member to achieve the common and personal goals.
- Set the rules and activities that the team together would like to introduce after completing the team canvas.

Some Of Our Clients Who Took This Program



3. Team Effectiveness

Team Canvas Program.

Two Days Online/Offline

Training kit sample

Team Canvas Version 0.8 | theteamcanvas.com | hello@theteamcanvas.com

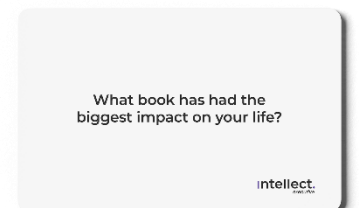
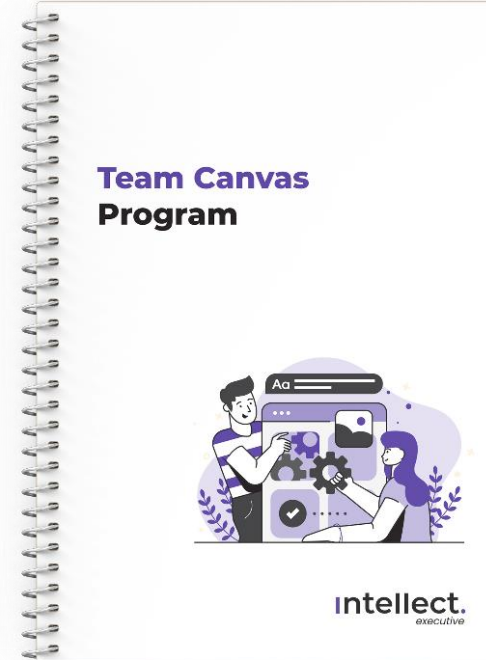
Most important things to talk about in the team to make sure your work as a group is productive, happy and stress-free

Team name Date

PEOPLE & ROLES What are our names and the roles we have in the team?	COMMON GOALS What do you as a group really want to achieve? What is our key goal that is feasible, measurable and time-bounded?	VALUES What do we stand for? What are guiding principles? What are our common values that we want to be at the core of our team?	RULES & ACTIVITIES What are the rules we want to introduce after doing this session? How do we communicate and keep everyone up to date? How do we make decisions? How do we execute and evaluate what we do?
PURPOSE Why are we doing what we are doing in the first place?		NEEDS & EXPECTATIONS What each one of us needs to be successful? What are our personal needs towards the team to be at our best?	
STRENGTHS & ASSETS What are the skills we have in the team that will help us achieve our goals? What are interpersonal/soft skills that we have? What are we good at, individually and as a team?	WEAKNESSES & RISKS What are the weaknesses we have, individually and as a team? What our teammates should know about us? What are some obstacles we see ahead of us that we are likely to face?		

Team Canvas by theteamcanvas.com. Created by Alexey Ivanov, Dentry Voloshchuk.
Team Canvas is inspired by Business Model Canvas by Strategizer.

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4.

Sustainable Innovation & Intrapreneurship .

4. Sustainable Innovation & Intrapreneurship .

- Innovative Routines
- Business Model canvas
- Design Thinking
- Agile Project Management

Innovative Routines .

Two Days Online/Offline

Design thinking is a design methodology that provides a solution based approach to solving occurring challenges in an innovative way. Design thinking put into play, the Business Model Canvas Design and Innovation intensive training covers the 9 key building blocks in depth to understand the basic elements of any Business Model and develop one common language of how your organization works.

Key Benefits

- **Understand Innovation**

Understand the strong relationship between entrepreneurship & innovation.

- **Customer Experience**

Understand different methods to assess the attractiveness of business opportunities.

- **Customer Empathy Map**

Apply design methods to develop innovative solutions to answer the potential customer's needs & meet the design specification.

- **Design Thinking For Organizations**

Underpinning the issues of developing & sustaining innovation within organizations.

- **Business Model Canvas (BMC)**

Know how to transform an initial idea into a fully-fledged business opportunity & effectively communicate.

- **Innovation In Action**

Design creative strategies for pursuing, exploiting and further developing new opportunities.

4. Sustainable Innovation & Intrapreneurship

Innovative Routines .

Two Days Online/Offline

Program Topics Covered

- What is innovation?
- Different kinds of innovation
- Designing thinking for future organization – innovation discussion
- Design thinking process (empathize, design, ideate, prototype & test)
- Design thinking simulation
- Understand customer experience (think & feel, say, do, see, & hear)
- Customer empathy map
- Value proposition (jobs to be done, pains, gains, gain creators, pain relievers, products and service)
- Value proposition canvas
- Business model canvas & the 9 building blocks
- Different levels of testing & pivoting

Some Of Our Clients Who Took This Program

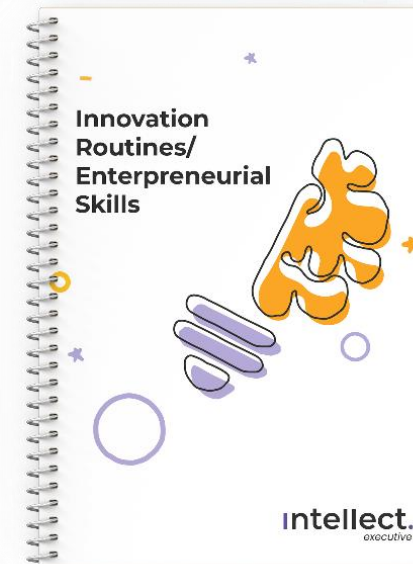
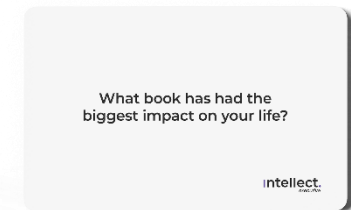
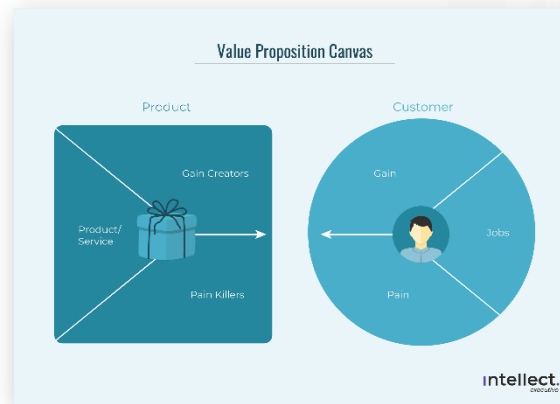
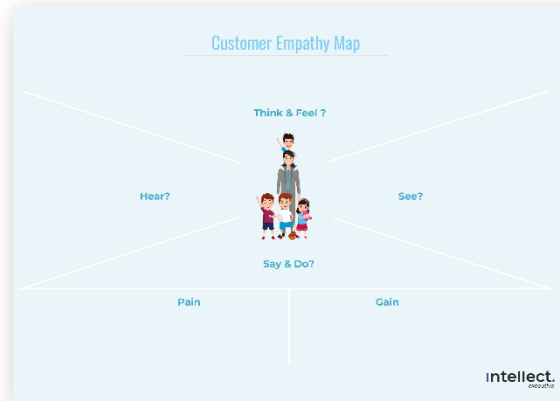
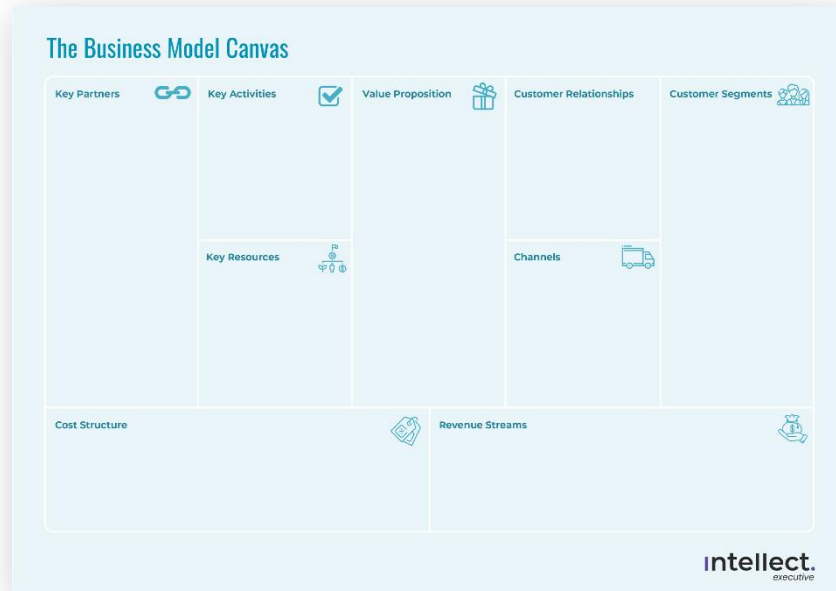


4. Sustainable Innovation & Intrapreneurship

Innovative Routines .

Two Days Online/Offline

Training kit sample



Business Model Canvas Program .

Two Days Workshop

The Business Model Canvas is a Strategic Management and Lean Startup template for developing new or redesigning existing business models to create competitive advantage. Based on the framework developed by Strategyzer, the canvas is presented as a visual chart with 9 building blocks spanning the areas of the organization's core offering, infrastructure, customers, and finances. The 9 building blocks include: Customer Segments, Value Propositions, Channels, Customer Relationships, Revenue Streams, Key Resources, Key Activities, Key Partnerships and Cost Structure.

This innovative tool can be used in a collaborative setting, e.g. post pandemic strategy workshop. It helps organizations align their activities by illustrating and discussing potential trade-offs in a structured manner. Business Model Canvas is a framework to literally bring everyone on the same page. Users include executives, consultants, entrepreneurs and leaders of all organizations.

In this workshop, participants will acquire the knowledge and skills to apply the Business Model Canvas to develop innovative business models of value creation or transform current ones.

Key Benefits

- **The Model**

Understand the key concepts of design thinking and business model thinking.

- **Analyze Current BM**

Learn how to apply the Business Model Canvas to map out your current business model for understanding and analysis.

- **BMC Nine Building Blocks**

Acquire knowledge of the 9 building blocks of the Business Model Canvas for value creation.

- **BMC Wayforward**

Gain basic knowledge of the Business Model design process.

4. Sustainable Innovation & Intrapreneurship

Business Model Canvas Program .

Two Days Workshop

Program Topics Covered

- Introduction to Business Model Thinking
- Three traits of successful entrepreneurs
- What is a business model canvas?
- The strategic management framework for developing business models
- Design Thinking - Foundation of the Business Model Canvas
- What is design thinking?
- Principles of design thinking
- Industrial applications of design thinking
- 5 phases of design thinking
- The business model canvas consists of 9 building blocks
- Left brain vs. right brain
- Examples of business models
- Business Model Canvas Design Process
- 4 design strategies
- Objectives of business model innovation
- Business model design process
- Design attitude
- 5 phases of business model design
- Implementing business models in organizations

Some Of Our Clients Who Took This Program

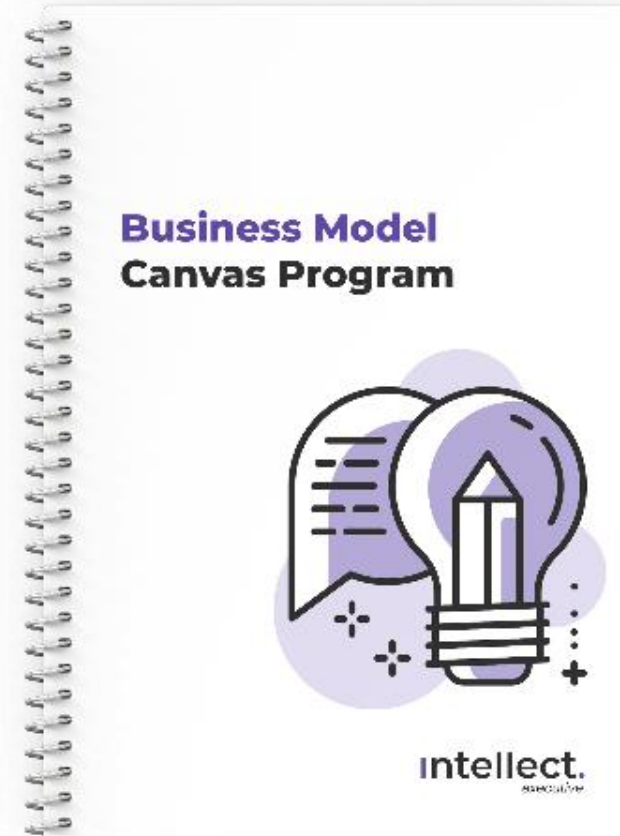
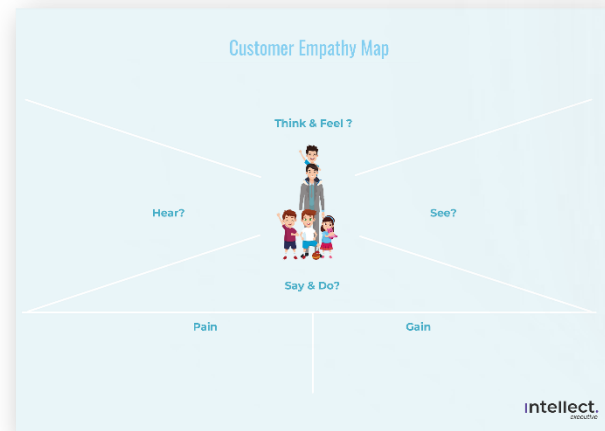
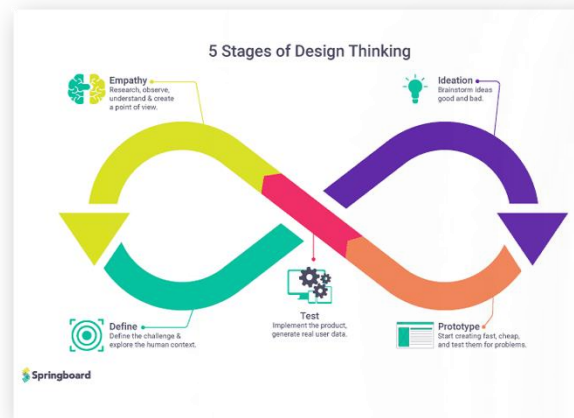
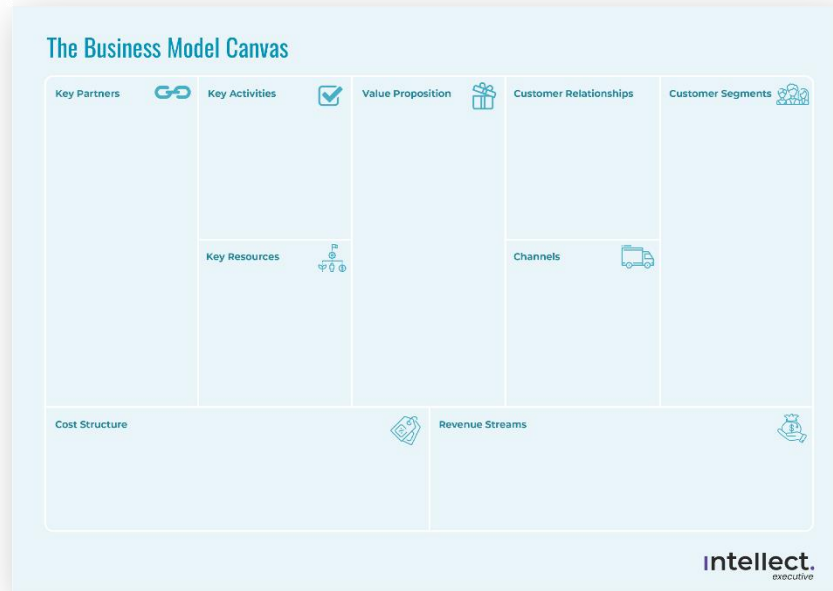


4. Sustainable Innovation & Intrapreneurship

Business Model Canvas Program .

Two Days Workshop

Training kit sample



4. Sustainable Innovation & Intrapreneurship

Design Thinking Program .

Two Days Workshop

Design thinking is a design methodology that provides a solution based approach to solving occurring challenges in an innovative way. Design thinking put into play, the Business Model Canvas Design and Innovation intensive training covers the 9 key building blocks in depth to understand the basic elements of any Business Model and develop one common language of how your organization works.

Key Benefits

- **Understand Innovation**

Understand the strong relationship between entrepreneurship & innovation.

- **Customer Experience**

Understand different methods to assess the attractiveness of business opportunities.

- **Customer Empathy Map**

Apply design methods to develop innovative solutions to answer the potential customer's needs & meet the design specification.

- **Design Thinking For Organizations**

Underpinning the issues of developing & sustaining innovation within organizations.

- **Business Model Canvas (BMC)**

Know how to transform an initial idea into a fully-fledged business opportunity & effectively communicate.

- **Innovation In Action**

Design creative strategies for pursuing, exploiting and further developing new opportunities.

4. Sustainable Innovation & Intrapreneurship

Design Thinking Program .

Two Days Workshop

Program Topics Covered

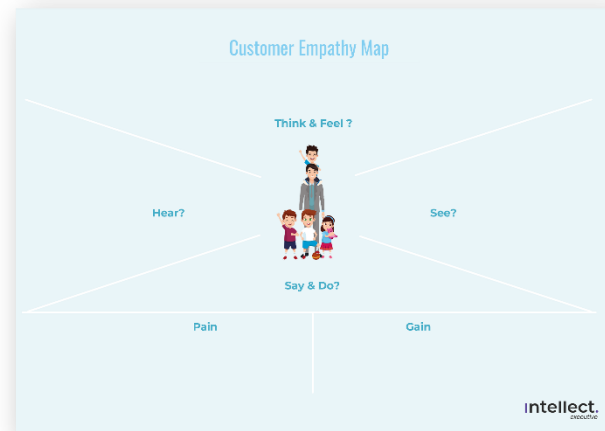
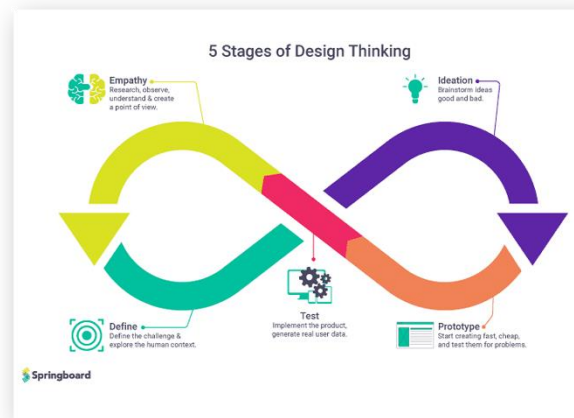
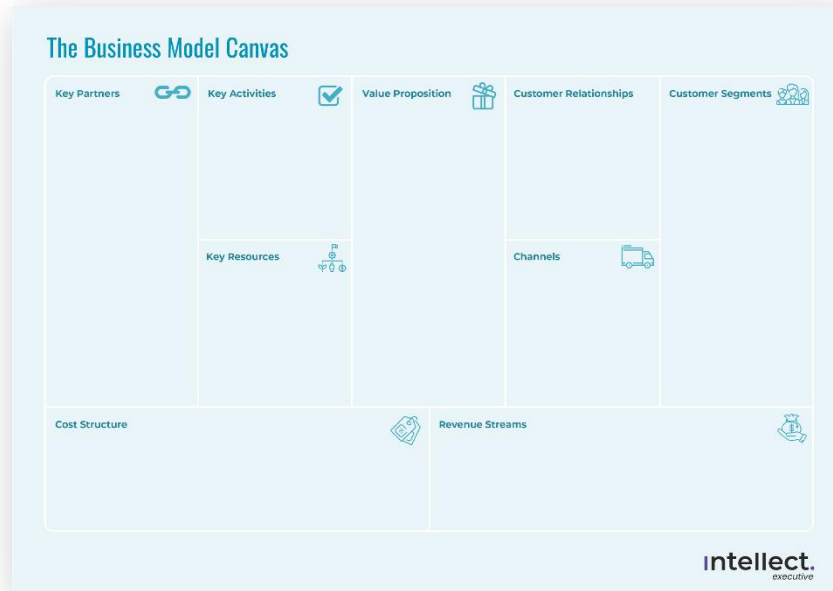
- What is innovation?
- Different kinds of innovation
- Designing thinking for future organization – innovation discussion
- Design thinking process (empathize, design, ideate, prototype & test)
- Design thinking simulation
- Understand customer experience (think & feel, say, do, see, & hear)
- Customer empathy map
- Value proposition (jobs to be done, pains, gains, gain creators, pain relievers, products and service)
- Value proposition canvas
- Business model canvas & the 9 building blocks
- Different levels of testing & pivoting

4. Sustainable Innovation & Intrapreneurship

Design Thinking Program .

Two Days Workshop

Training kit sample



Agile Project Management .

Two Days Workshop

In today's era, customers don't want better project management...they want better product delivery. That's why AGILE TOOLS exist, where the ends are much more important than the means.

Agile project management is nothing but an approach that consists of value-driven and human-oriented project development which allows the project managers to deliver high-quality work, as well as consists of high priority while maintaining flexibility in the case where the project gets uncertain outputs or becomes more complicated to handle.

Key Benefits

- **Better Productivity**

Allow products to be rolled out quickly and changes to be easily made at any point during the process.

- **Improved Quality**

Help project teams to respond to customer reaction & constantly improve the product.

- **Higher Customer Satisfaction**

Create an environment for the customer to be able to make tweaks to their expectations & desires throughout the process.

Agile Project Management .

Two Days Workshop

Program Topics Covered

- The two hemispheres of the brain
 - Right and left brain
 - Lateral thinking
- Innovation versus creativity
- Innovation & project management
 - Definitions
 - Why are they linked?
- Project management triangle: Cost – scope – time
- An agile mindset of a project manager
- Three main agile roles: product manager, product owner and scrum master
- Five phases of Agile Project Management
- Agile project management methodologies:
 - Kaban Method
 - Srum Structure

Some Of Our Clients Who Took This Program

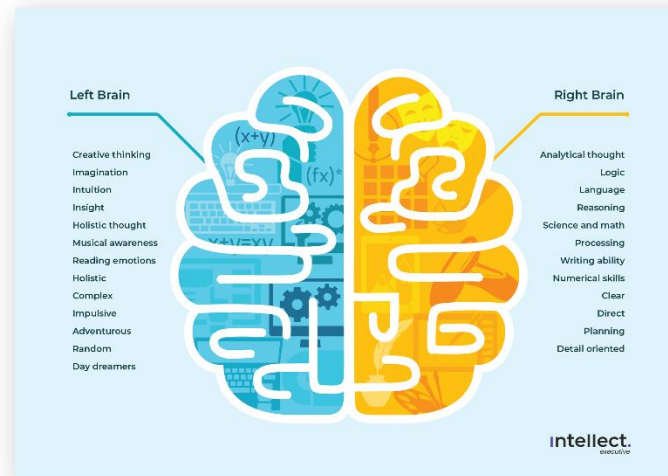


4. Sustainable Innovation & Intrapreneurship

Agile Project Management .

Two Days Workshop

Training kit sample



5.

Culture Transformation & People analytics .

5. Culture Transformation & People analytics .

- DISC
- VIA Character Strengths
- Leadership Circle
- Clifton Strengthsfinder
- Personal & Organizational values
- Diversity & Inclusion

DISC - Personality Profiling Program .

One day

The foundation of personal and professional success lies in understanding oneself, understanding others, and realizing the impact our personalities have on others. Utilizing the DISC psychometric we engage teams in understanding themselves and their respective colleagues and their preferred communication style leading to increased familiarity and empathy through raising awareness.

Key Benefits

- **Self Awareness**

Develop a new understanding of themselves & others.

- **DISC Personality Profile**

Identify the 4 basic personality styles of human beings.

- **Conflict Resolution**

Acquaint participants with how you respond to conflict, what motivates you, & how you handle problem.

- **Enhance Communication**

Improve communication & understanding between team members.

- **Different Personality Reaction**

Discover how different personality styles react and respond to job tasks & situations.

- **Communication Best Practice**

Implement best practices on how to adapt one's style to better communicate & influence others.

5. Culture Transformation & People analytics

DISC - Personality Profiling Program .

One day

Program Topics Covered

- DiSC® personality assessment
- DiSC® model of personality styles
- DiSC® behavioral Profiles & Case Studies
- DiSC® Communication & Relationships
- DiSC® Style including personal priorities
- DiSC® Style impacts their management preferences/tendencies, time-management and decision-making skills & how these characteristics impact those he/she manages
- Awareness of different peoples' style to respond appropriately through behaviors to be a more effective manager.
- Use your personal style to positively impact your career and/or goals
- Action plan for working with his/her manager for more effective business results

5. Culture Transformation & People analytics

DISC - Personality Profiling Program .

One day

Training kit sample

The training kit includes the following components:

- Conceptual Diagram:** A 2x2 matrix with 'TASK ORIENTED' at the top, 'PEOPLE ORIENTED' at the bottom, 'INTROVERT' on the left, and 'EXTROVERT' on the right. The quadrants are: Conscientious (top-left, teal), Dominant (top-right, red), Stable (bottom-left, green), and Inspiring (bottom-right, yellow).
- Find someone who! Worksheet:** A grid of 20 boxes for identifying people with specific traits, such as 'Was born in January', 'Can Play musical instrument', 'Has more than 4 Siblings', 'Wears socks to bed', 'Watches more than one hour of tv everyday', 'Drank coffee this morning', 'Has argued with a friend recently', 'Is afraid of spiders', 'Enjoys maths', 'Has seen a snake in the wild', 'Has the most letters in their last name', 'Has a sister', 'Can use chopsticks', 'Has fainted or thrown up in public', 'Loves to swim', 'Has had stitches', 'Likes very spicy food', 'Snores...', 'Does not like broccoli', and 'Can whistle'.
- DISC Profile Questionnaire:** A form titled 'Please put a ✓/next to the statements that describe you MOST of the time' with two columns of 20 statements each, covering various behavioral traits.
- Personality Profiling Program Notebook:** A spiral-bound notebook with the DISC logo and the title 'Personality Profiling Program'.
- Personality Cards:** Four cards representing the DISC types: Dominant (red), Inspiring (yellow), Conscientious (teal), and Supportive (blue).

VIA Character Strengths

About Assessment

VIA character strengths assessment is a scientific instrument measuring our strengths, and it's widely used in academic, corporate, and other settings. The 24 strengths are categorized into six classes of virtues which are transcendence, wisdom, courage, temperance and justice. By knowing our strengths allows us to use those that benefit us consciously and more actively, and develop those that we might potentially find useful.

Key Benefits

- **Self-acceptance**

Build a healthy relationship with yourself, helping us look past our perceived deficiencies.

- **Greater Happiness**

Developing your core strengths can improve positive affect and boost life satisfaction.

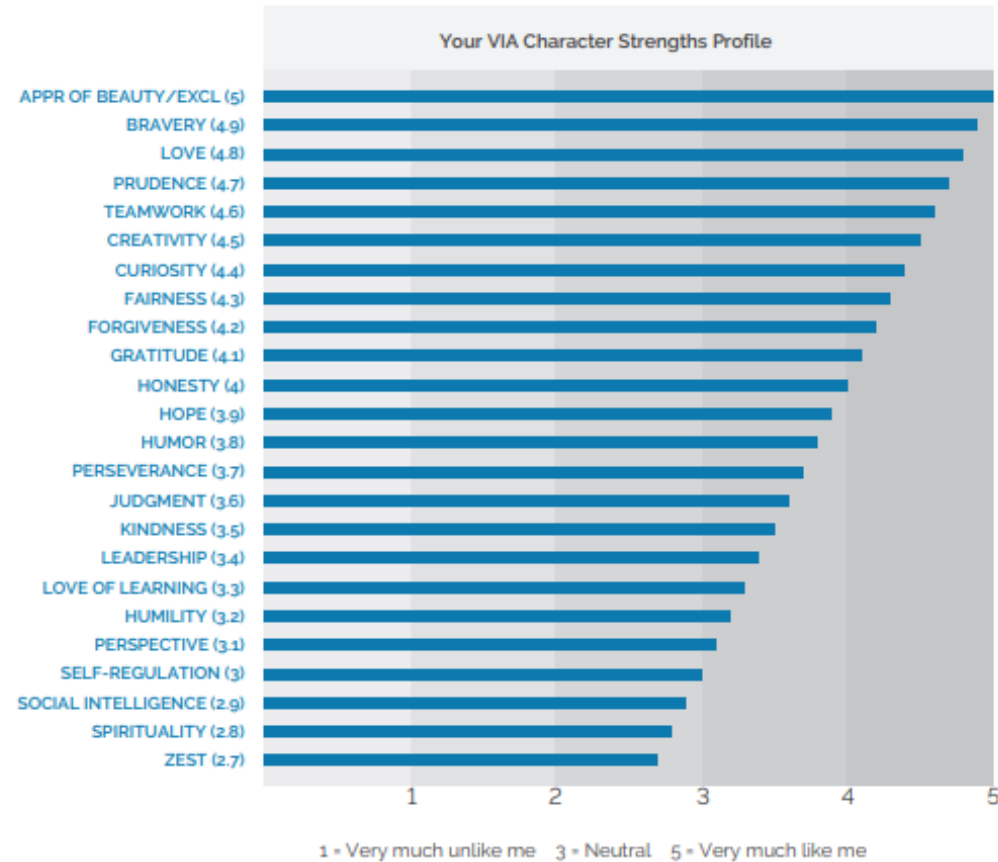
- **Positive Work Experience**

Applying signature strengths has a particularly strong impact on behavioral outcomes such as job performance

YOUR VIA CHARACTER STRENGTHS PROFILE SPOTLIGHT

Your Results: VIA Character Strengths Profile

Your VIA Character Strengths Profile is your personalized list of the 24 character strengths ranked in order based on the degree to which you rated they are "like" or "not like" you.



YOUR SIGNATURE STRENGTHS

Focus On: Signature Strengths

STRENGTHS-SPOTTING IN YOURSELF

Your top 5 positive qualities are likely to come naturally to you; therefore, you don't always recognize them as strengths or realize how often you use them. Signature strengths-spotting involves actively looking for the expression of these strengths in your life, work and relationships.

Consider a recent situation in which you used one or more of your signature strengths to make the situation better. Think about how your strengths benefited you and/or others. Maybe you felt a greater connection to someone, noticed a positive boost in your mood or helped motivate someone around you. Remember that your signature strengths are the core of who you are, and you have the capacity to express them over and over again to your advantage.

How to Use: Signature Strengths

The best way to make the most of your signature strengths is to start using them in new and different ways. Use them with your problems. Use them to be more productive at work. Use them within your daily routines. Over and over again, research has found that if you use your signature strengths in new ways each day you can experience a long-term boost to your happiness. Studies show it decreases depression too!

It's easy. Follow these steps to take your signature strengths to the next level. You'll be tapping into and expressing the core part of who you are – your authentic self.

STEP 01

Select a Signature Strength

Choose one of your signature strengths. You might choose one that you'd like to better understand and build upon or one with which you want to deepen your experience.

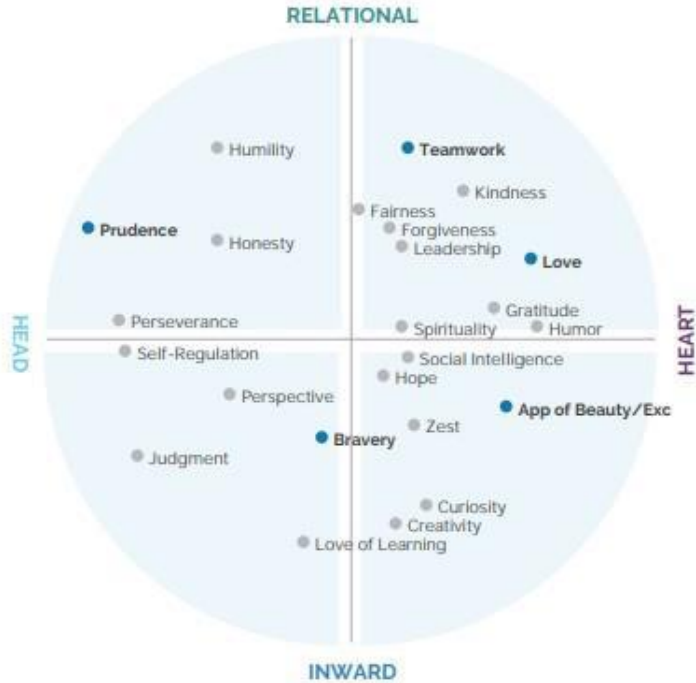
STEP 02

Practice Using the Strength in A New Way

Your signature strengths are those strengths that come most naturally to you. The challenge is to think of new ways to express these strengths and practice using them in new ways each day for one week. See the ideas in the following chart to get you started.

CHARACTER STRENGTHS EXPRESSION MAP

Your Results: Character Strengths Expression Map



Focus On: Character Strengths Expression Map

Keep in mind, any character strength can be expressed through your heart, head, inwardly, or relationally. The graph merely shows what could be viewed as a tendency for how each strength is expressed. It is not a foregone conclusion. Also, note that there is no "ideal" profile for how many of your signature strengths should be in any section of this chart. Rather, this graph is meant to challenge you to think about your life and whether you feel you have balance in how your strengths are expressed.

YOUR SIGNATURE STRENGTHS

Signature Strength Activity Chart	
SIGNATURE STRENGTH	ACTIVITY
Appr of Beauty/Excl	Keep a weekly log of moments in your relationships when you feel inspired by the good acts of others.
Bravery	Do something you have been avoiding, such as cleaning out a closet, making a doctor's appointment or having a tough conversation with your spouse or child.
Love	Carve out time each week to experience uninterrupted quality time in a close relationship. This might be with a partner, close friend or pet.
Prudence	Before you make a decision that is typically very easy, take one full minute to think about it before you take action.
Teamwork	Consider how you and your closest friend or partner are a "team" who can work together and use one another's strengths to solve problems. Approach your next challenge with this perspective.

5. Culture Transformation & People analytics

The Leadership Circle .

Assessment + Debrief

The Leadership Circle Profile (LCP) represents a significant advancement in the state-of-the-art of leadership assessment and development. It is the first competency-based 360 assessment tool to measure behavior at various stages of adult development; to link patterns of action with habits of thought; to organize information into a developmental system based on some of the best theoretical frameworks in the leadership, psychological and spiritual literatures; and to display information in a way that immediately draws attention to the most critical information in the feedback.

Components

- **Leadership Circle Profile**

Explain the two primary leadership domains creative competencies and reactive tendencies.

- **Relationship Task Balance**

Measures the degree of balance a leader shows between the Achieving and Relating competencies.

- **Reactive-creative Scale**

Measure score which gives the leader a sense of how he/she compares to other leaders with respect to the amount of energy he/she puts into Reactive versus Creative behaviors.

- **Leadership Potential Utilization**

Compare the overall score of the dimensions measured to that of other leaders who have taken this survey.

- **Leadership Effectiveness**

measure the leader's perceived level of overall effectiveness.

Some Of Our Clients Who Took This Program



LEADERSHIP CIRCLE PROFILE™

To understand the layout of the Profile Graphic, please read the following steps:

1 CIRCLE WITHIN A CIRCLE



The outer circle displays the results for each of the 29 dimensions measured by the LCP. The inner circle dimension summarizes the outer circle dimension into 8 summary scores for the dimensions in the outer circle. Dimension definitions can be found on the following pages.

The location of dimensions within the circle illustrates the relationship between dimensions. Adjacent dimensions describe similar behavior patterns that are positively correlated. Dimensions on opposite sides of the circle are opposing behavior patterns and are inversely correlated.

2 PERCENTILE SCORES

All scores are displayed as percentile scores compared to an ever-growing norm base. High scores are beyond the 67th percentile. Low scores are below the 33rd percentile.

3 KEY

Self Assessment: 
Others' Assessment: 



4 SUMMARY DIMENSIONS

In addition to all the dimensions displayed in the inner and outer circle, the rectangular scales located around the circle are intended to bring everything together. They provide useful 'bottom-line' measures as well as measures of key patterns within the data.

Reactive-Creative Scale reflects the degree of balance between the Creative dimensions and the Reactive dimensions. The percentile score here gives the leader a sense of how s/he compares to other leaders with respect to the amount of energy s/he puts into Reactive versus Creative behaviors. It suggests the degree to which his/her leadership, relationships, and goal-oriented behaviors come out of a Creative or Reactive orientation. It also suggests the degree to which his/her self-concept and inner motivation come from within or are determined by external expectations, rules, or conditions.

Relationship-Task Balance measures the degree of balance a leader shows between the Achieving and Relating competencies. It is a measure of the over, under or balanced development of either half of the equation (the people half or the task half) that makes for great leadership.

Leadership Potential Utilization is a bottom line measure that compares the overall score of the dimensions measured above to that of other leaders who have taken this survey. It sorts through all the high and low scores to answer the question, "So, in the end, how am I doing?"

Leadership Effectiveness measures the leader's overall effectiveness. It is an outcome research scale and has been shown to be solidly correlated to business outcomes. It gives the leader an overall measure of how all of the above is translating into perceived effectiveness.

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THE LEADERSHIP CIRCLE PROFILE RESULTS

Ron Sample 4/25/2017	Creative Dimensions						
	Self 1	Evaluators 15	Boss's Boss 1	Boss 1	Peers 9	Direct Reports 4	Other 0
Relating	49 %	91 %	93 %	59 %	85 %	92 %	-
Average Response	3.97	4.41	4.59	4.06	4.34	4.62	-
Caring Connection	86 %	94 %	88 %	59 %	86 %	98 %	-
Average Response	4.50	4.58	4.64	4.04	4.48	4.92	-
Fosters Team Play	67 %	89 %	95 %	57 %	80 %	93 %	-
Average Response	4.26	4.47	4.83	4.10	4.34	4.77	-
Collaborator	71 %	94 %	90 %	82 %	84 %	95 %	-
Average Response	4.18	4.44	4.50	4.34	4.33	4.71	-
Mentoring & Developing	21 %	84 %	86 %	32 %	84 %	77 %	-
Average Response	3.56	4.34	4.50	3.69	4.36	4.43	-
Interpersonal Intelligence	14 %	83 %	91 %	60 %	77 %	77 %	-
Average Response	3.47	4.23	4.50	4.04	4.18	4.32	-
Self-Awareness	67 %	93 %	87 %	78 %	88 %	91 %	-
Average Response	3.99	4.31	4.38	4.20	4.27	4.42	-
Selfless Leader	39 %	89 %	89 %	74 %	82 %	82 %	-
Average Response	3.69	4.26	4.61	4.22	4.20	4.26	-
Balance	36 %	92 %	79 %	77 %	88 %	88 %	-
Average Response	3.02	4.22	4.00	4.00	4.22	4.33	-
Composure	94 %	91 %	87 %	74 %	86 %	87 %	-
Average Response	4.67	4.45	4.50	4.28	4.40	4.60	-
Personal Learner	64 %	82 %	72 %	65 %	73 %	85 %	-
Average Response	4.27	4.31	4.29	4.21	4.25	4.48	-
Authenticity	26 %	58 %	75 %	20 %	65 %	52 %	-
Average Response	3.87	4.25	4.43	3.77	4.28	4.26	-
Integrity	73 %	74 %	100 %	15 %	74 %	67 %	-
Average Response	4.50	4.50	5.00	3.84	4.50	4.54	-
Courageous Authenticity	6 %	34 %	29 %	36 %	45 %	32 %	-
Average Response	2.85	3.82	3.49	3.67	3.87	3.84	-

Questions Related to Each Dimension

Creative Dimensions	
Relating	
Caring Connection	I connect deeply with others. I am compassionate. I form warm and caring relationships.
Fosters Team Play	I create a positive climate that supports people doing their best. I promote high levels of teamwork through my leadership style. I share leadership.
Collaborator	I negotiate for the best interest of both parties. I work to find common ground. I create common ground for agreement.
Mentoring & Developing	I help direct reports create development plans. I am a people builder/developer. I provide feedback focused on professional growth. I help people learn, improve, and change.
Interpersonal Intelligence	I take responsibility for my part of relationship problems. In a conflict, I accurately restate the opinions of others. I listen openly to criticism and ask questions to further understand. I directly address issues that get in the way of team performance. I display a high degree of skill in resolving conflict.
Self-Awareness	
Selfless Leader	I am relatively uninterested in personal gain. I lead in ways that others say I should. I act with humility. I get the job done. I take forthright action.
Balance	I balance work and life. I find enough time for myself.
Composure	I am composed under pressure. I am a calming influence. I handle stress and pressure.
Personal Learner	I learn from mistakes. I personally search for meaning. I investigate the deeper reality. I examine the assumptions that guide my actions.
Authenticity	
Integrity	I exhibit personal behavior consistent with my values. I hold to my values during good and bad times. I lead in a manner that is completely honest.
Courageous Authenticity	I surface the issues others are reluctant to discuss. I speak directly even on controversial issues. I am courageous in meetings.



Clifton StrengthsFinder.

Assessment + Debrief



Gallup's Clifton StrengthsFinder assessment can help you identify the strengths of the people working in your teams. Once you know what strengths are present, you can begin to make the most of your employees' talents, maximizing productivity and increasing morale throughout your organization.

Intellect Executive, Offer the client a journey of self awareness and exploration through Gallup strengthsfinder assessment, then a debriefing session on the assessment results, and followed by 8 executive coaching sessions.

Key Benefits

- **Place people in the right roles**

Help to place employees in roles that make the most of their talents.

- **Promote positive coaching**

Gain insight into the reasons that lie behind high and low performance, and take action to address them.

- **Facilitate collaboration**

Gain a better understanding of why certain people behave in certain ways.

- **Improve self-awareness**

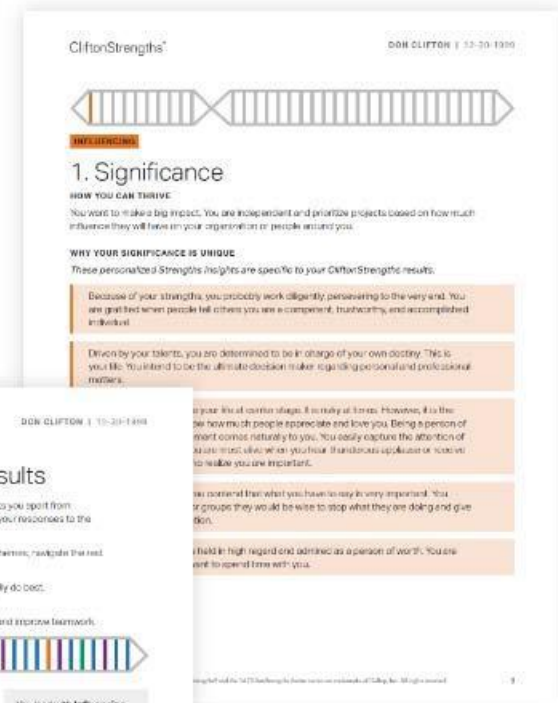
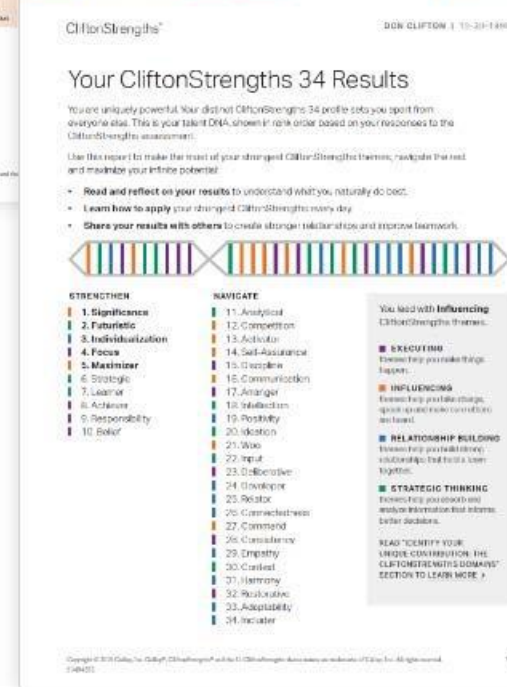
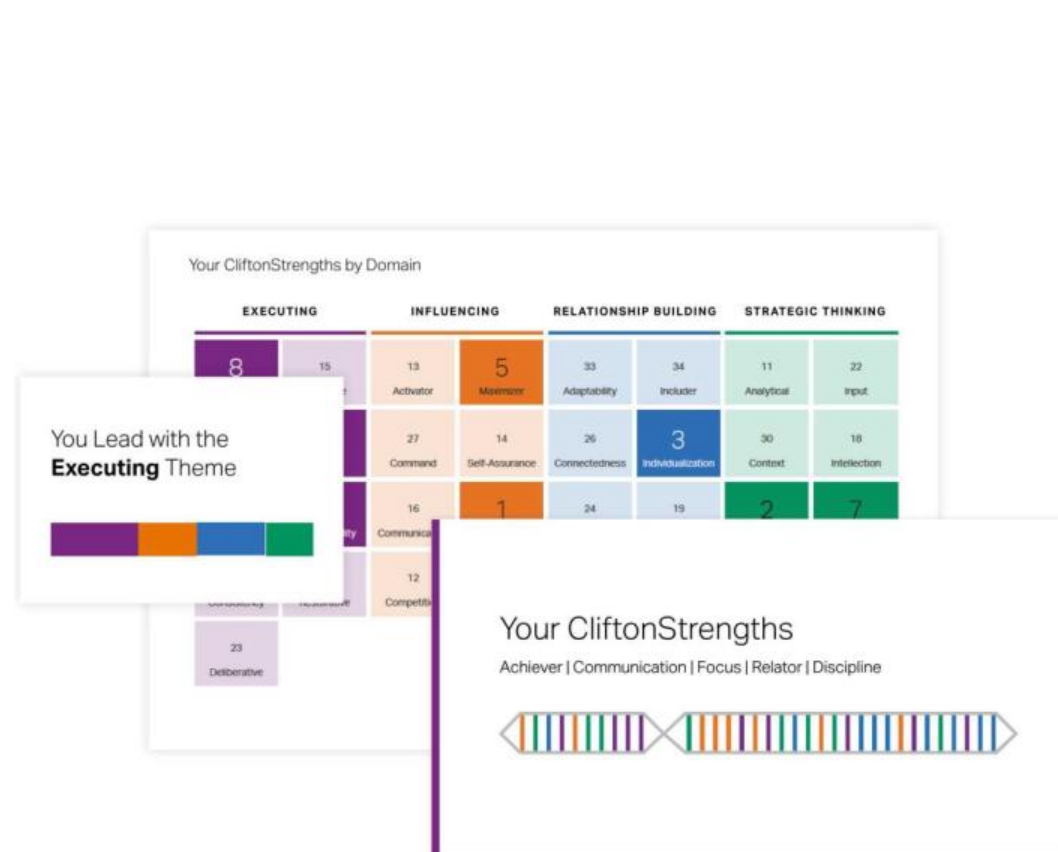
Help employees in your company find success in both their personal and professional life.

Some Of Our Clients Who Took This Program



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Personal & Organizational Values Program .

One day

How many times does your team escalates problems, concerns, fear, unaccepted behaviors or even attitudes that has happened from others without any valid reason from their point of view. In this program we make sure that this invalid reason to be understood throughout the whole team. As a matter of fact, every single person acts or reacts because of their personal and organizational values. Through this program attendees will understand both their personal and organizational values, others values as well and how to align everyone to talk the same language.

Key Benefits

- Help employees identify their values
- Tie personal goals into professional goals
- Increase transparency

Personal & Organizational Values Program .

One day

Program Topics Covered

- Origins of our values
- What is culture?
- Edge Schein culture model
 - Artifacts
 - Exposed values
 - Underlying beliefs
- Change effect on culture
- Values, rituals and beliefs
- Different types of values
 - Personal values
 - Organizational values
- Personal values and beliefs
- Confirmation bias
- Organizational values
 - Awareness
 - Opportunity
- Case studies of organizational values

Diversity & Inclusion Program •

One day

Through proven data and multiple reports, Diversity and inclusion are now essential in keeping employee engagement high in modern workplace, thus represent the society in which it exists and the clientele it serves for better business performance. However Creating a sense of belonging and inclusion in a diverse team can be tricky.

In this program, leaders will become aware of the principles behind diversity and inclusion, why is it crucial in today's workplace and the know how to create an inclusive work environment in which people feel safe, able to show their real personality, their talents, and aspirations, but also their insecurities, doubts, and worries. It's a place where everybody can bring their whole self to work and freely express their opinion.

Key Benefits

- **The Essence of Diversity and Inclusion**

Understand different types of diversity and inclusion and how it leverages the collective sense making thus making better decisions.

- **Leader's Unconscious Bias and its effects**

Know how to combat our unconscious biases for more inclusive leadership

- **Diversity and Inclusions Pitfalls**

Evaluate the effect of diversity without inclusion and vice versa as well as different backlashes if concepts wasn't interpreted correctly

- **Leader's role in Diversity and inclusion**

Discuss and reflect on different approaches as well as action plan to embed Diversity & Inclusion within your team

Diversity & Inclusion Program •

Program Topics Covered

- Icebreaker
- Take a privilege walk Activity
- Diversity, Equity and Inclusion and belonging (DEIB)
- What is diversity ?
- Different types of diversity in the workplace;
 - Internal
 - External
 - Organizational
 - World View
- A fresh perspective Activity
- Is Diversity enough to create change?
- Functional bias vs. Cognitive diversity
- Equality and inclusion in the workplace
- Pair and share Activity
- Why is Diversity and inclusion such an important topic?
- Danske Bank case study
- Café society Activity
- Biases Looks and avoidance strategies
- Unconscious biases and its effect on culture
- Diversity Leadership & Importance of proper communication
- Why diversity is important to leadership?
- My Pledge to DEIB Leadership Activity

6.

Corporate Wellbeing & Engagement .

6. Corporate Wellbeing & Engagement .

- Stress management
- Resilience program
- My psychological Immune System
- Wellbeing talks
- Corporate Retreat

Effective Stress Management In Corporates Program .

Two Days Online/Offline

Stress is a part of our day to day life; our relationship with stress can determine whether we benefit from it - as a form of positive pressure- or hinder our performance and wellbeing. Effective stress management is tailored for 1 day program for individuals and 2 days for managers. We focus on each individual's wellbeing inside the corporate and how to adjust the everyday stressors at work more effectively.

As for managers, after they understand the depth of individual wellbeing, we take them into a deeper level of managing stress with their team using tools and techniques that will help them talk their teams from stressful moments to a better working environment where they can flourish.

Key Benefits

- **Psychology Of Stress**

Understand the different sources of stress affecting the brain during stressful times

- **3 Approaches To Stress Management**

Practice within the program the three approaches to dealing with stress from eliminating stressors to temporary coping mechanism

- **Reactive Leadership In Stress**

Understand the effect of stress on our leadership style thus our team.

- **Sources Of Stress**

Understand the different sources of stress affecting the brain during stressful times.

- **Develop Resiliency Plan**

Comprehend the wellbeing pillars (PERMA+H Model by Martin Seligman)

- **Individualized Solutions To Manage Team Stress**

Comprehend the action priority matrix at work

6. Corporate Wellbeing & Engagement

Effective Stress Management In Corporates Program .

Two Days Online/Offline

Program Topics Covered

- Stressors within our control (Circle of influence, circle of control)
- The psychology of stress
- Narrowing effect of the brain
- The sources of stress
- Warning signs of stress
- PERMA+H model of wellbeing
- Three approaches to stress management tools
- Pressure versus Capacity
- Wheel of work/life balance
- Time Management model and tool
- Reactive mind structure of a leader & it's dimensions
- Traits that posses a reactive mind of a leader
- Manage stressed employee (individualized solutions)

Some Of Our Clients Who Took This Program

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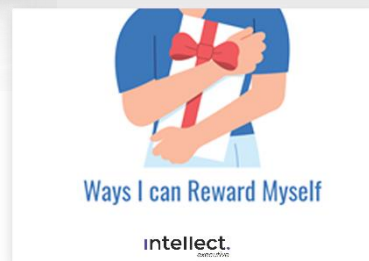
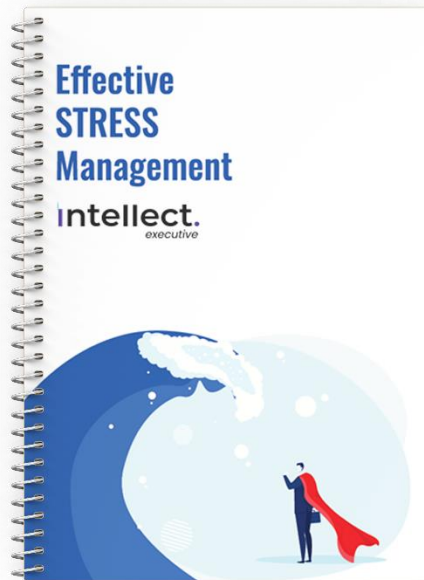
Intellect.
executive

6. Corporate Wellbeing & Engagement

Effective Stress Management In Corporates Program .

Two Days Online/Offline

Training kit sample



Resilience & Mindfulness In Corporates Program .

Three Days Online/Offline

The essence of mindfulness is to be fully present at the present moment, conscious about what you do, how you feel and what you think. This ability protects us from being overwhelmed by the outside surroundings and the fast pace of business life. The outcome of this program is to understand the basics of mindfulness, mindful practices and the benefits of these practices on the overall wellbeing. In this program, participants learn how to enhance their emotional resilience by increasing self-awareness and harnessing their attention through an embracing mindful mindset.

Key Benefits

- **Build Resilience**

Understand resilience & optimism during adversity

- **Change Your Outlook**

Gain clarity & create a positive meaning

- **Mindfulness Reaction**

Understanding our 'survival brain', survival behaviors and reactivity.

- **Emotional Resilience**

Handle stress & negative thoughts during tough times

- **Communicating With Insight**

Learn resilience techniques for handling tough situations better & not dwell.

- **Shift Your Focus**

Leverage gratitude and compassion as ways to recognize the good that is present and to connect with others who may be struggling through this as well

Resilience & Mindfulness In Corporates Program .

Three Days Online/Offline

Program Topics Covered

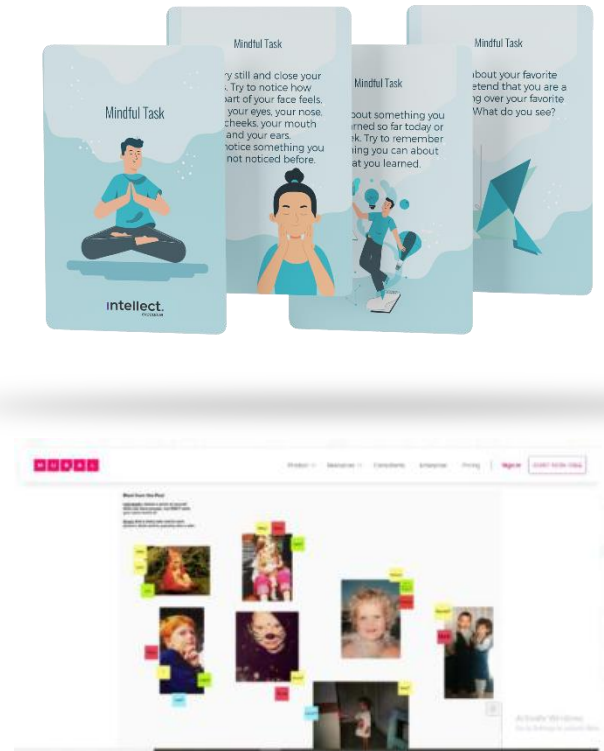
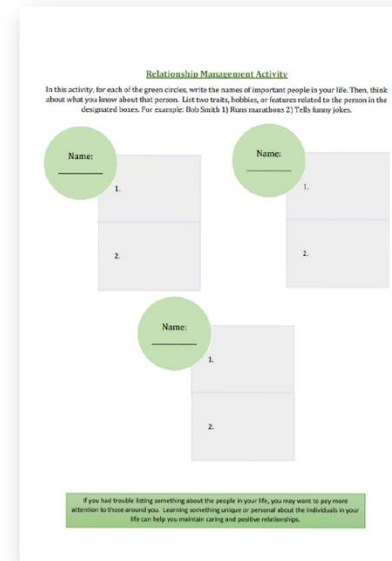
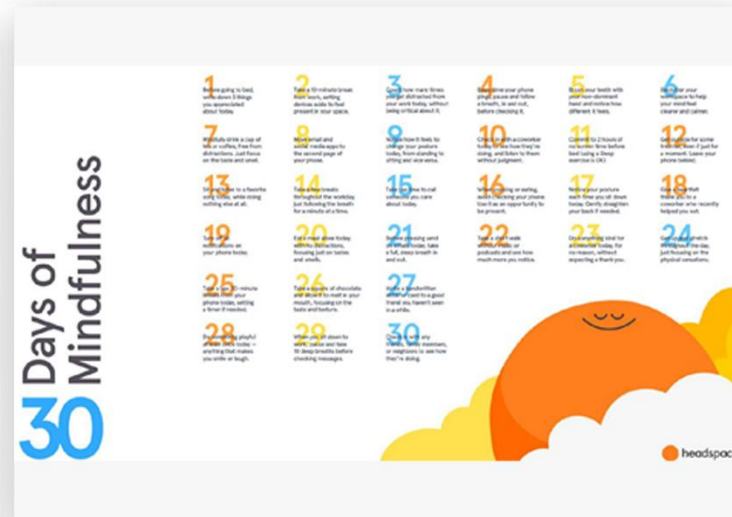
- What Resilience Is and Why It Matters?
- Your resilience scale
- Building a resilient mindset
- The Characteristics of Resilient People
- Explanatory styles of positive psychology
- The 7c's of resilience
- Cultivating positive emotions
- Mental distortions
- Values & behaviors and its relation to resilience
- Meaningful goals and sense of purpose for strong resilient muscle
- Strategies to Develop Resilience
- Mindfulness: A tool to cultivate resilience
- Mindfulness: A tool to cultivate resilience
- Emotional resilience & mindfulness: enhancing health, performance and relationships
- Mindfulness vs meditation
- Mindfulness and monkey mind
- Cognitive distortions of a monkey mind
- Know-how To Develop Resilience At Work through a mindfulness
- Developing a Personal Resilience Plan

6. Corporate Wellbeing & Engagement

Resilience & Mindfulness In Corporates Program .

Three Days Online/Offline

Training kit sample



My Psychological Immune System Self Paced Program .

Key Benefits

- **Wellbeing Is The Key To Employee Satisfaction**

Understand why is it important to take good care of your wellbeing.

- **Emotional Hacks**

Be acquainted with the tools needed to cultivate more positive emotions, like: pride, gratitude, serenity, joy, hope and inspiration
Be acquainted with the tools needed to cultivate more positive emotions, like: pride, gratitude, serenity, joy, hope and inspiration

- **Healthy Lifestyle Significant Benefits On Wellbeing**

Identify the right strategy to a healthy life style.

- **Six Key Ingredients Of Wellbeing**

Know how to reach the ultimate well being through PERMA+H model by Martin Seligman.

- **Occupational Burnout Syndrome Threatens Wellbeing**

Comprehend the concept of occupational burnout .

- **Elevate Your Awareness With Mindfulness**

Understand different practices of mindfulness (Formal & Informal).

- **Anatomy Of Emotions**

Identify the importance of emotions and its complexity.

- **Burnout Survival Guide**

Know how to deal with work related burnout.

- **Mindfulness In Action**

Know how to practice G.L.A.D model of mindfulness .

6. Corporate Wellbeing & Engagement

My Psychological Immune System Self Paced Program .

Videos Will Be Sent According To, The Client's Requested Needs.

The aim of the program is to bring awareness to the main causes of stress and it's effect on different aspects in our lives, as well as different approaches and techniques for destressing. Video duration is average of 5 min, in Arabic and can be English subtitled if requested.

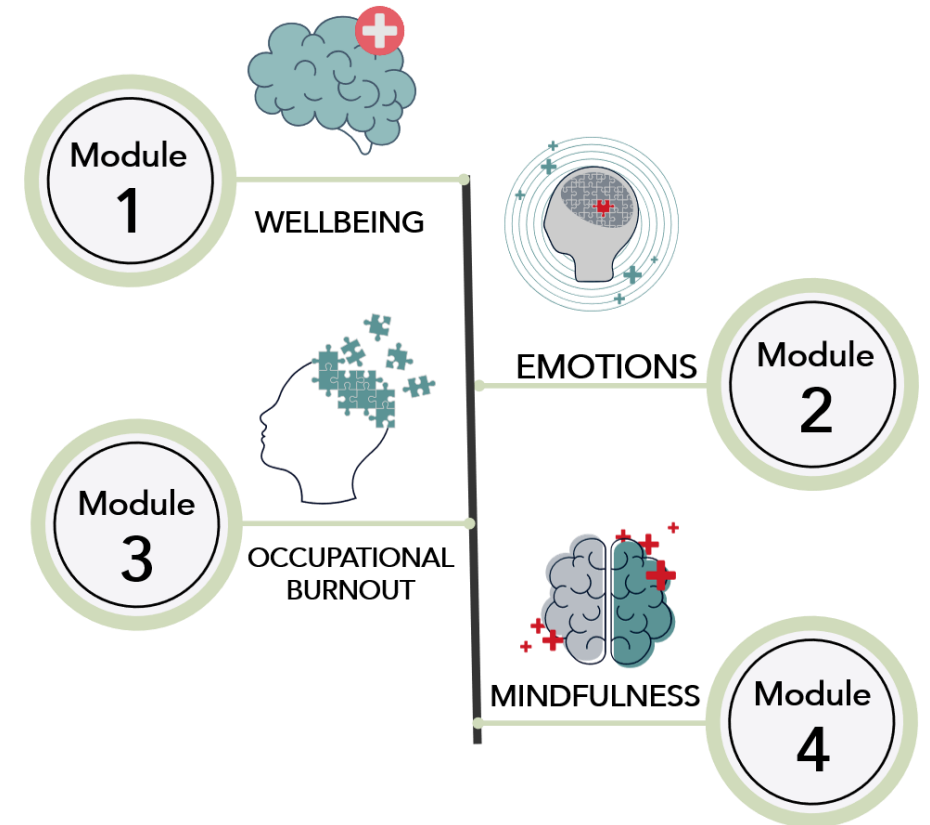
Branded Videos will be at the disposal of your organizations for lifetime usage with no subscription or royalty fees. Along with a booklet that is composed of activities for each module and extra readings.

This program will be divided into four module, each module will be composed of 10-14 videos.

Module 1 will focus on the overall wellbeing of us and how can we reach the ultimate wellbeing through the PERMA+H model.

Then, module two, will aim to explore emotions and know how to hack positive emotions and accept negative ones. Module three is about occupational burnout, as an important concept that we experience through ourselves and our team members and how to defeat it.

Finally, module four is all about mindfulness. An important concept to embrace due to the daily changes and taking you through a journey to live the here and now.



My Psychological Immune System Self Paced Program .

Program Material

- Branded Videos (provided with a branded flash card from intellect), each video will include: topic and exercise explanation
- Booklet (branded booklet with two sections: extra readings and exercises)
- Extra material will be provided in PDF format

My Psychological Immune System Self Paced Program .

Program Material Details

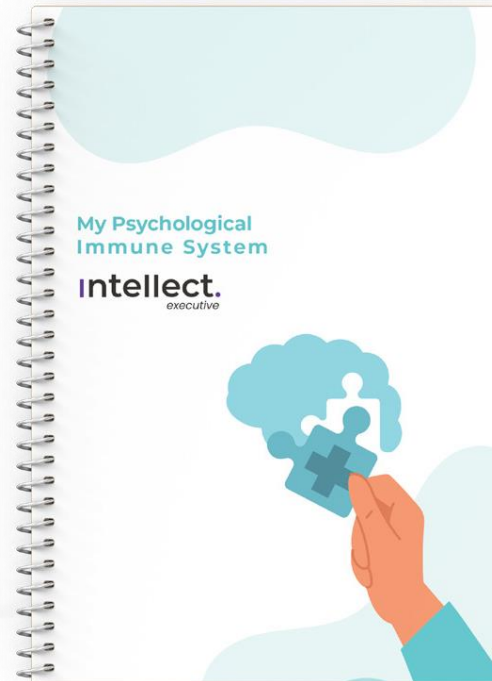
1. Videos components: The program will consist of 60 videos, 2 assessments, 15 exercises and 20 extra reading articles (reliable sources: Harvard business review, Positive psychology...etc) - Videos will be at the disposal of your organization for lifetime usage with no subscription or royalty fees
2. Assessments during this program:
 - Wellbeing assessment
 - VIA character strengths assessment
3. Graduation Project: after finishing the video series, attendees will be requested to work on a graduation project, where the coach will assign them with different topics where they will work on coming up with an action plan that they will implement within their organization.

Some Of Our Clients Who Took This Program



My Psychological Immune System Self Paced Program .

Training kit sample



6. Corporate Wellbeing & Engagement

Wellbeing talks .

Live Webinars

Local Speakers Live Webinars

- **Webinar Series**

Intellect executive offer set of 4-5 webinars that tackle a innovation hot topic. Topics chosen will be presented by local speakers.



Hoda Mansour

Head of Business Process Intelligence -
EMEA South at SAP



Ayman Ismail

Director of American University in Egypt
Venture Lab

6. Corporate Wellbeing & Engagement

Wellbeing talks .

Live Webinars

International Speakers Live Webinars

- **Webinar Series**

Intellect executive offer set of 4-5 webinars that tackle a innovation hot topic. Topics chosen will be presented by international speakers.



1. Steve Blank

Entrepreneur-turned-educator Steve Blank the father of modern entrepreneurship. Credited with launching the Lean Startup movement, he's changed how startups are built; how entrepreneurship is taught; how science is commercialized, and how companies and the government innovate.



2. Alexander Osterwalder

Business model canvas, invented by Alexander Osterwalder of Strategyzer, is made up of nine building blocks showing the logic of how a company intends to deliver value and make money. The nine blocks cover the three main areas of a business: desirability, viability and feasibility.

6. Corporate Wellbeing & Engagement

Wellbeing talks .

Live Webinars

International Speakers Live Webinars

- **Webinar Series**

Intellect executive offer set of 4-5 webinars that tackle a topic, each topic will be presented by international and local speakers:



3. Eric Ries

An American entrepreneur, blogger, and author of *The Lean Startup*, a book on the lean startup movement. He is also the author of *The Startup Way*, a book on modern entrepreneurial management.



4. Yves Pigneur

A Belgian computer scientist, and Professor of Management Information Systems at the University of Lausanne since 1984, known for his work on the business model canvas with Alexander Osterwalder.

6. Corporate Wellbeing Track

Corporate Retreats .

After the pandemic, a lot of things have changed especially social interactions. This unique bond between us human beings has been affected due to the social limitations that raised our tendency to be afraid of the virus. It has been two years now, and all of us are not behaving the same. We have changed and we forgot the essence to our nature of living which is social connect.

That's why Intellect executive shifted its focus from a normal staff day out to corporate retreats. Where attendees will be able to reunite and bond through our coaching methodology of realigning teams together once again. It is our duty to help your organization relive the human connection experience through our ultimate corporate retreats.

Suggested Themes

- Agile Leadership Kick Starter
- M.V.S (Mission Vision & Strategy)
- Customization Based On Client's Theme
- Developmental Team Building
- Wellbeing Coaching

Some Of Our Clients Who Took This Program



Corporate Retreats .



Celebration Board

My last year's achievement was...	My last year's achievement was...	My last year's achievement was...	My last year's achievement was...
My last year's achievement was...	My last year's achievement was...	My last year's achievement was...	My last year's achievement was...
My last year's achievement was...	My last year's achievement was...	My last year's achievement was...	My last year's achievement was...
My last year's achievement was...	My last year's achievement was...	My last year's achievement was...	My last year's achievement was...

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Timeline Activity

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Managing Healthy Conflicts

Write down the acceptable and unacceptable behaviors in each of the following:

	Acceptable behaviors	Unacceptable behaviors
1. Use of language		
2. Tone of Voice		
3. Emotional content		
4. Expectations of involvement		
5. Participation		
6. Avoidance of distractions		
7. Timeliness of response		

intellect executive

three meaningful things

Strengths Red Buttons In Conflict

Top five strengths	Red buttons in conflict	Describe a recent situation (if available)
1.		
2.		
3.		
4.		
5.		

Terms & Conditions .

- Estimate prices and final quotation will be issued after the final project scope.
- Above rates are valid for the duration of proposal.
- It is eligible for the coachee to postpone a session before its date by 3 days minimum.
- In case that the coachee didn't attend the session on the assigned date, it can be compensated with an additional fee of 500 EGP / session.
- Each Coachee has from 9 up to and no later than 11 months to execute the agreed upon sessions.
- Confidentiality as per ICF code of Ethics - ICF confidentiality terms to be respected: i.e: Framework of coaching to be shared not the coaching sessions details.
- In the case of coachee retraction from the coaching engagement, billing will be processed in accordance with the sessions delivered.
- In the case of the Coach concluding that the coachee is not coachable, Intellect will remove the payment of coaching sessions for the intended coachee.
- In case for any reason a coach can't continue the coaching engagement, Intellect is committed to replace within the agreed grace period to replace and maintain confidentiality agreement.

Our Clients .



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