

# THE FIVE SEEDS® of Effective Leadership

## FALL 2024 COHORT

| Date / Time  | Module   | Hrs |
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| <b>Wk #1</b>   |  |     |
| <b>September 11, 2024: 10:00a - 3:00p (HST)</b>  | <b>Introduction to THE FIVE SEEDS® of Effective Leadership</b>   | 1.0 |
| <i>Includes an hour break from 12:00 - 1:00p (HST)</i>   | <i>Overview of course curriculum</i>   |     |
|  | <b>THE SEED of Perspective - Module 1: The Big "M" Word</b>  | 1.0 |
|  | <i>Where leadership begins and ends.</i>   |     |
|  | <b>THE SEED of Perspective - Module 2: Creating a Culture of Confidence</b>  | 2.0 |
|  | <i>How attitude influences behavior and impacts the organizational climate.</i>  |     |
| <b>September 13, 2024: 10:00a - 3:00p (HST)</b>  | <b>THE SEED of Perspective - Module 3: Leading Yourself Through Tough Times</b>  | 4.0 |
| <i>Includes a one hour break from 12:00 - 1:00p (HST)</i>  | <i>How to stay centered, make wise decisions and reduce stress when faced with difficult people or situations.</i>   |     |
| <b>Wk #2</b>   |  |     |
| <b>September 18, 2024: 10:00a - 3:00p (HST)</b>  | <b>THE SEED of Purpose - Module 1: Making a Positive Difference</b>  | 4.0 |
| <i>Includes a one hour break from 12:00 - 1:00p (HST)</i>  | <i>How to discover your life's calling, boost energy and find fulfillment.</i>   |     |
| <b>September 20, 2024: 10:00a - 3:00p (HST)</b>  | <b>THE SEED of Purpose - Module 2: Two Outcomes Every Leader Must Achieve</b>  | 4.0 |
| <i>Includes a one hour break from 12:00 - 1:00p (HST)</i>  | <i>How to deliver short-term efficacy and long-term transformation.</i>  |     |
| <b>Wk #3</b>   |  |     |
| <b>September 25, 2024: 10:00a - 3:00p (HST)</b>  | <b>THE SEED of Principles - Module 1: Foundational Patterns of Leadership Success</b>  | 4.0 |
| <i>Includes a one hour break from 12:00 - 1:00p (HST)</i>  | <i>Proven elements of leadership and organizational effectiveness.</i>   |     |
| <b>September 27, 2024: 10:00a - 3:00p (HST)</b>  | <b>THE SEED of Principles - Module 2: Why Leaders Fail</b>   | 3.0 |
| <i>Includes a one hour break from 12:00 - 1:00p (HST)</i>  | <i>A critical distinction that can make-or-break your leadership.</i>  |     |
|  | <b>MID-SESSION OPEN Q&amp;A</b>  | 1.0 |
| <b>Sep 30 - Oct 4, 2024: MID-PROGRAM BREAK (NO CLASSES THIS WEEK)</b>  |  |     |
| <b>Wk #4</b>   |  |     |
| <b>October 9, 2024: 10:00a - 3:30p (HST)</b>   | <b>THE SEED of Process - Module 1: Getting Things Done</b>   | 4.5 |
| <i>Includes a one hour break from 12:00 - 1:00p (HST)</i>  | <i>How to leverage your time and achieve results in five key steps.</i>  |     |
| <b>October 11, 2024: 10:00a - 3:00p (HST)</b>  | <b>THE SEED of Process - Module 2: Elevating the Customer Experience</b>   | 4.0 |
| <i>Includes a one hour break from 12:00 - 1:00p (HST)</i>  | <i>How to deliver extraordinary quality and service.</i>   |     |
| <b>Wk #5</b>   |  |     |
| <b>October 16, 2024: 10:00a - 3:00p (HST)</b>  | <b>THE SEED of Process - Module 3: Building a High-Performance System</b>  | 4.0 |
| <i>Includes a one hour break from 12:00 - 1:00p (HST)</i>  | <i>How to organize, orchestrate and optimize your team and workflows.</i>  |     |
| <b>October 18, 2024: 10:00a - 3:00p (HST)</b>  | <b>THE SEED of People - Module 1: The Key to Preventing Workplace Drama</b>  | 4.0 |
| <i>Includes a one hour break from 12:00 - 1:00p (HST)</i>  | <i>How to set clear expectations and manage difficult employees.</i>   |     |
| <b>Wk #6</b>   |  |     |
| <b>October 23, 2024: 10:00a - 3:00p (HST)</b>  | <b>THE SEED of People - Module 2: Growing Peak Performers</b>  | 3.0 |
| <i>Includes a one hour break from 12:00 - 1:00p (HST)</i>  | <i>A blueprint for developing competent and committed team members.</i>  |     |
|  | <b>THE SEED of People - Module 3: Four Practical Protocols to Develop Skill</b>  | 1.0 |
|  | <i>How to build competence through enhanced communication and effective teaching.</i>  |     |
| <b>October 25, 2024: 10:00a - 3:00p (HST)</b>  | <b>THE SEED of People - Module 3: Four Practical Protocols to Develop Skill - cont'd</b>   | 1.0 |
| <i>Includes a one hour break from 12:00 - 1:00p (HST)</i>  | <i>How to build competence through enhanced communication and effective teaching.</i>  |     |
|  | <b>THE SEED of People - Module 4: Three Powerful Ways to Inspire Will</b>  | 2.0 |
|  | <i>How to:</i> <ul style="list-style-type: none"> <li>• Deliver Meaningful Praise</li> <li>• Listen to and Handle Complaints</li> <li>• Resolve Conflicts</li> </ul> |     |
|  | <b>CLOSING REVIEW &amp; OPEN Q&amp;A</b>   | 1.0 |
| <b>Note: All sessions will be held live over Zoom (details and links to be provided). Each participant is required to log on separately (no group log-ons). Participants are also expected be on on camera. Four hour sessions will include a one hour break. All other sessions will include hourly stretch breaks.</b> |  |     |