

*Nine days to understand yourself as never before. Undo decades of unproductive automatic reactions; learn the skills you need to reenergize yourself. This is the essence of Personal Mastery.*

## Know your Derailleurs

You have many strengths as a leader — yet sometimes you react poorly. You take charge when you should empower, get abrasive when you should listen, shut down when you could contribute. How you respond when life challenges you is the true test of leadership.

Learn what your “ego-triggers” are, and when and how they short-circuit your capacities. Explore how what got you where you are today may be in the way of where you’re going. Discover a new path to nurturing your important relationships, being an outstanding contributor and reaching your highest goals.

## Overcome the Root Cause

“That’s just the way I am.” “You can’t teach a old dog new tricks.” “My feedback says the same thing every year.” Many personality traits seem hard-wired.

Like all of us, you have engrained thought patterns that influence how you communicate, pursue your goals, and respond to adversity. Some help you; others are problematic. Self-limiting behaviors can not be wished away; you need to unwire the original driver from your childhood.

Personal Mastery teaches you to identify and work through the root cause of counter-productive behaviors, empowering you to actually change in ways you didn’t think were possible.

## Be Guided by Your Passion

Bring a unique product to market, stretch yourself into new skills, mentor your team, leave a legacy... Conscious or unconscious, you have inspiring passions that can get sidelined both by the stresses of life and your Ego’s ulterior motives.

When you master your ego drivers, the world and your aspirations take on new energy. Unleash the clarity and stamina to overcome your derailers. Be guided, on a daily basis, by what you care most about.



“It left me uplifted and clear about what is important in my life and work.”

Mike Rauth  
Senior Director  
Fairchild Semiconductor

“LaL is a very powerful way to hold a mirror up to your life and see clearly how you’re getting in the way of what you want to create.”

Jeff Bradach  
Managing Partner  
and Co-Founder  
Bridgespan

“LaL’s approach to systemic change is unique in its potential for transformative learning.”

Debra Meyerson, PhD  
Associate Professor  
School of Education and Business  
Stanford University

# Personal Mastery PROFESSIONAL

**PROCESS:** An LaL coach will work with you (preferably through a 360 Feedback Assessment) prior to the seminar to understand your context, behavioral and communication challenges, and overall growth opportunities. Once in the seminar, our comprehensive self-reflection methodology generates in-depth, personal self-awareness of what makes you tick, why you react — and how to show up differently. You surface these realizations with a diverse group of leaders forging their own insights, which gives you a non-threatening environment to grapple with your developmental needs.



## PERSONAL MASTERY

*9-day workshop*

Become aware of your triggers & your unproductive habits, trace back their root cause, acquire the tools to overcome them, & practice leading from your highest self. This seminar is an unexpected, profound journey to self-mastery.

## Pre-SEMINAR COACHING CALLS

*2 Coaching calls before first workshop*

Our experienced coaches guide you through a self-assessment, helping you define developmental priorities as they get to know you and your context.

## AFI COACHING CALLS

*3 Coaching calls*

Translating your insights into lasting changes back home is where the rubber meets the road. A trusted coach who knows you and your context is an invaluable support structure as you work on your Areas For Improvement (AFIs).

# Personal Mastery EXECUTIVE

*The EXECUTIVE option gives you more in-depth coaching and feedback with a Senior Executive Coach and access to Strategic Consulting Calls.*



## AFI COACHING EXEC

*Upgrade to a Senior Executive Coach*

Benefit from the guidance of a Senior Executive Coach who has supported hundreds of senior leaders on a wide range of issues, from reaching a next level to building high-performance teams to implementing culture change. Coaching calls are 1 hour instead of 45 minutes.

## 360° FEEDBACK EXEC

*For Senior Leaders managing complexity*

Our unique process gives you a powerful, detailed synthesis of how you are perceived and how you impact those around you. The Executive upgrade also covers team dynamics, collective business challenges & organizational cultural traits. A Senior Executive Coach handles your feedback debrief and related coaching.

## STRATEGIC CONSULTING

*One Strategic Consulting Call*

The higher you evolve in an organization, the more you face divergent issues, multiple stakeholders, and complex business challenges. Your Senior Executive Coach combines an in-depth knowledge of you with grounded business acumen, providing you with a unique sounding board in your thinking process.