

*Are you driven to action, and find your blackberry distracting you at the dinner table? Reach the end of a stressful day, and wonder what you accomplished? Feel frustrated because you never find the time to mentor others, exercise, or pursue what matters to you?*

*The present moment — invaded by stress and demands from work and home — is too rarely what it could be: a time for learning, connection, and inspired action.*

## Uncover How Your Ego Devours Your Time

So many of us feel submerged by the demands of work and home, ever pressed to do more than seems possible. These external pressures are real – yet how you react to them is primarily driven by your ego.

Your ambition, comfort zone, mental models and mind chatter all influence how you manage your time, primarily without your awareness. In this state, prioritization is sub-optimal, reactions create as many new issues as they solve, and time and energy are not spent on what matters most.

## Build Your Capacity to Do What's Essential

Time & Mastery brings together practicality and self-awareness. Our project-task-email management system gives you the structure to be strategic about your priorities. Your ability to notice and move beyond the time traps of your ego empowers you to act on that clarity.

The experiential nature of our work provides not just new concepts, but emotional insight into the barriers that hold you back and renewed fortitude to break through.

## Enjoy the Path

Life in the 21st century is a challenge. You want to grow into your full potential professionally – without neglecting the precious relationships in your personal life. You want to stretch yourself to meet new challenges without getting caught up in a performance treadmill of 'never enough'.

Most of the stress you experience is driven by the coping mechanisms of your ego. When you let these go, you gain access to a new experience of time, where productivity, connection and gratitude are integrated. Learn to pursue your passions and responsibilities in a sustainable way.



“ Time & Mastery enabled me to live more purposefully. ”

Joshua Margolis, PhD.  
James Dinan and Elizabeth Miller  
Professor of Business  
Administration  
Harvard Business School

“ I left with greater clarity about my goals and clear road maps to reach them. ”

Jan Jaffe  
Senior Director  
Ford Foundation

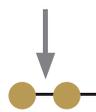
“ This seminar is what put it all together for me- where rubber meets the road. ”

John Blankensop  
Softball Facility Quality Leader  
Harley-Davidson Motor Company

# Time & 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.

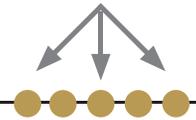
## Goal Definition Calls (2 Calls)



360°  
Feedback  
2-3 calls

**PERSONAL  
MASTERY**  
9 Days

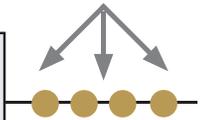
## Coaching Calls (5 calls)



Organize  
your Life  
Session  
3 days onsite

**TIME &  
MASTERY**  
5 Days

## Coaching Calls (4 calls)



### GOAL DEFINITION CALLS

*2 Coaching calls before first workshop*

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

### PERSONAL MASTERY

*9-day workshop*

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

### TIME & MASTERY

*5-day workshop*

Discover how your ego — not your priorities — manages your time. Whether you struggle to act on your goals or are too driven by tasks to create the quality of relationships you want, this module will teach you pragmatic and profound ways to build a productive, fulfilling and balanced life.

### AFI COACHING CALLS

*9 Coaching calls throughout program*

Translating your insights into daily changes back home is where the rubber hits the road. Trust in a coach who knows you and your context is an invaluable support structure as you implement your goals.

### 360° FEEDBACK

*1-Prep Call, 3-Feedback Delivery Calls*

Receive a powerful and highly personalized synthesis of how you are perceived and your impact on those around you — your strengths but more importantly your areas for improvement. A crucial starting point for your self-exploration in this program.

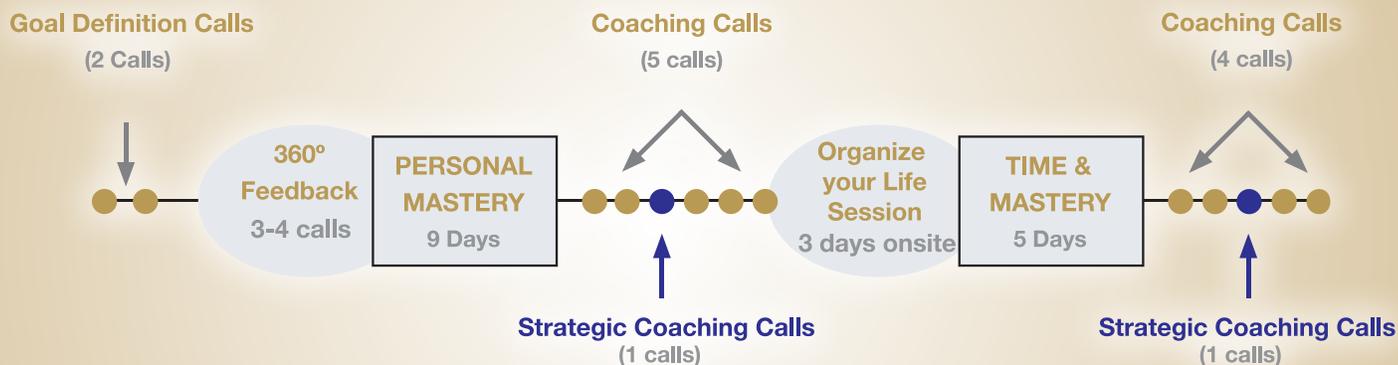
### ORGANIZE YOUR LIFE SESSION

*3 Days prior to Time & Mastery*

LaL coaches lead you through a GTD-inspired organization of your office and home, helping you create structures and a time management system to support you in creating a productive and connected present moment.

# Time & Mastery EXECUTIVE

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



**GOAL DEFINITION CALLS**  
(see prior description)

**PERSONAL MASTERY**  
(see prior description)

**TIME & MASTERY**  
(see prior description)

**AFI COACHING CALLS**

**360° FEEDBACK**

**ORGANIZE YOUR LIFE SESSION** (see prior description)

**AFI COACHING EXEC**  
*Upgrade to a Senior Executive Coach*

Be sure to be supported by one of our Senior Executive Coach who has supported hundreds of Senior Executive, has experience with this methodology for over 10 years and has a range of experience from reaching a next level to implementing a culture change. In addition the coaching calls are 60 min long instead of 45 min.

**360° FEEDBACK EXEC**  
*For Senior Leaders managing complexity*

The demanding requirements of complex leadership roles demands more attention. This feedback involves at least 8 lengthier feedback interviews, and includes sections on team dynamics, collective business challenges & organizational cultural traits. A Senior Executive Coach handles the feedback debrief and related coaching.

**STRATEGIC CONSULTING**  
*2 Strategic Consulting Calls*

The higher you evolve in an organization, the more you face divergent issues, multiple stakeholders, 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.



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