



**Courageous
Leaders**



Authorised Partner
**Actionable
Conversations.**

The Actionable Methodology

1. Conversation *Teams learn together to build relationships, improve skills and drive performance (1 hour/month)*

5 minutes of content learning



Teams work through a single concept together.

45 minutes of application



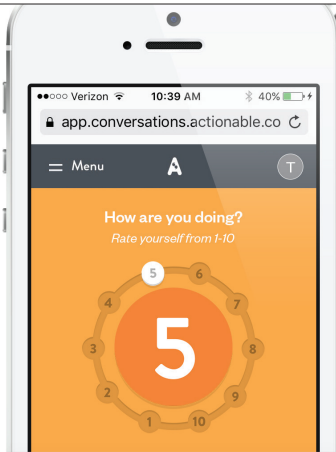
Teams apply that concept to a project or challenge.

10 minutes for next steps



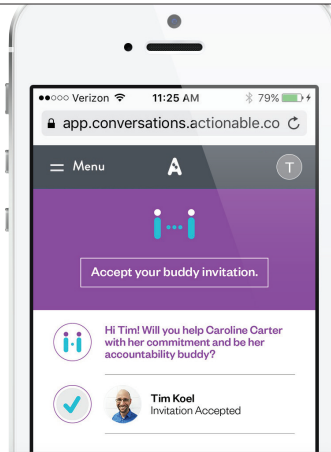
Individual behaviour change commitments are made.

2. Action *Individuals engage in real behaviour change (10 seconds/day)*



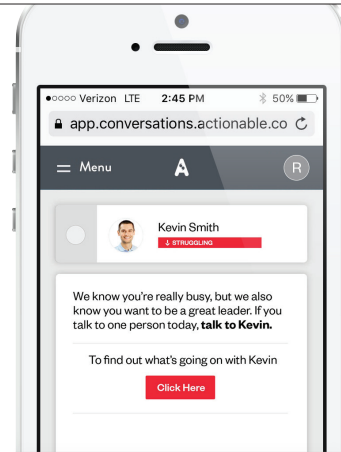
PARTICIPANT

Each participant makes a 30-day behaviour change commitment. For example: "I will think about the most effective ways to communicate within our team." They check in on the platform daily by text message or email, and choose an accountability buddy to help them stay on track.



ACCOUNTABILITY BUDDY

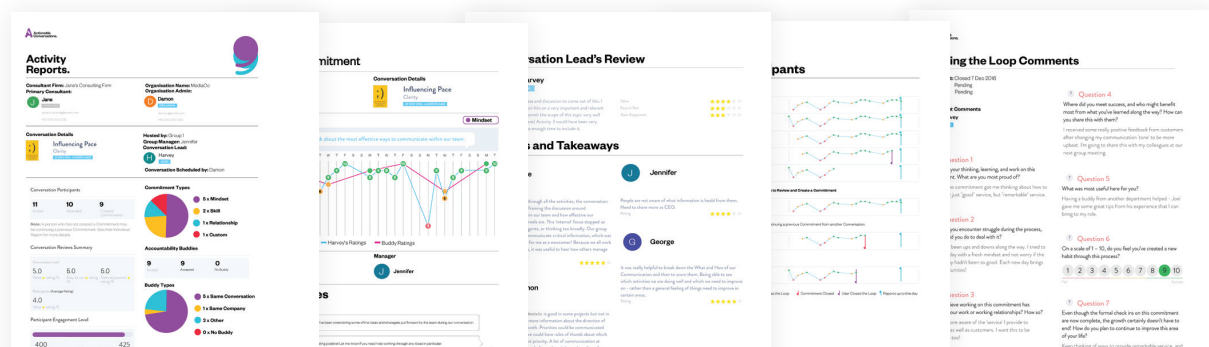
Goals are more attainable when you have someone to encourage you. Buddies are alerted to check in, roughly every 2 weeks, though the notifications vary based on the participant's self ratings, journal entries, and regularity of check-ins.



MANAGER

Managers support team members and follow their progress. Based on the participant's check-ins, the platform alerts the team manager to the *most* important conversations to have on any given day, providing coaching tips and tools as needed.

3. Insight *Business leaders access real-time insights (on demand)*



Business leaders gain valuable data that provides insight into people metrics, including:
 ✱ Flight risk potentials ✱ Leader influence ✱ Leadership development candidates ✱ And more

The Triple Impact *Create a robust learning culture in a little over an hour per month*



Team Managers
Gain confidence & look like rockstars to their teams.



Individuals
Achieve personal growth & stronger connection to peers.



Business Leaders
Benefit from a wealth of data that drives strategic people decisions.

Start a conversation