



WELCOME TO **INTENTIONAL LIVING** WORKSHOP!

Congratulations!

You have embarked on this practical coaching program of being an intentional leader. In registering, you are committing to mastering leading your self so as to better lead others. This program engages you in self-reflection and changes as is relevant to impact results in your work and in your life, by exciting transformation in yourself and others through growing authentic relationships. If you are a parent, you can engage your children in learning from you and you from them. If you are not yet a parent, the other participants will be great learning partners in your journey of discovery. If you are a manager wishing to increase your leadership range, then your team members and peers in your ecosystem will be perfect collaborators, whether consciously or not.

The main purpose of this seven 3-hour program is to hone the essential skills that you particularly want to work on to lead an intentional life as a leader.

In preparation, please complete the following before the first session, and bring them with you to each session.

1. Pre-course Self-Awareness

There are two documents attached here:

1.1 **Self-Assessment ScoreCard 1** - This one is for you to reflect on yourself.

1.2 **Feedback - How you see me** - This one is for you to ask someone who knows you well (spouse, child, trusted colleague, best friend, etc), whom you trust to give you candid evaluation of their perception of you.

The primary outcome of the above documents is to help you get a snapshot in time of where you are at. It invites you to begin to get to know yourself better before the workshop.



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2. Draft your Life Plan

Please put some thought as to what your Life Plan can be. It is essentially a living document that can begin to clarify your intention and possible outcomes in your life. Your facilitator(s) may suggest content that will support (and challenge) you on this program. Regardless, the main objective is for you to have a living Life Plan that meets what is important to you as a leader / parent of your own life, in order that you can better lead others.

2.1 Please complete* this **Outcome Planning** sheet and bring it to the session.

3. Open mind, open heart, open will

We suggest you come with the above for the best outcomes. Others who have attended similar sessions with our transformational faculty consider this a sustainable Leadership Energy Renewal Project for them.

OPTIONAL: If you wish us to get to know you beforehand, please scan and send the completed documents to us at admin@5Echo.com **at least 24 hours** before the session begins.

We look forward to working with you!

To Your Success!



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