



women  
banking  
and  
finance

# Introduction to Workplace Wellbeing, Flourishing & Leadership Program



Andrew Rooke

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# Introducing Your Facilitator

## ANDREW ROOKE

Andrew's a former executive director of a global, \$100m fintech firm, turned entrepreneur and executive coach/mentor.

Based in Melbourne, Australia, Andrew works with high-achieving executives and business owners around the world to expand their potential and experience genuine human flourishing.

Andrews' work has been featured on NBC, CBS, Fox News & USA Today.

Andrew has been educated at London Business School and MIT, and trained by world-leading authorities in their disciplines such as Sharon Pearson, Dr. Daniel P. Brown, Paul Chek & Dr. Daniel Amen.



# Program Outline

## 10 WEEKS OF WORLD CLASS DEVELOPMENTAL COACHING

### WEEK 1. WELCOME & KICK-OFF CALL

2. Introduction to Your Mind & Healthy Mindset
3. Introduction to Emotions & Emotional Fitness
4. Personal Wellbeing, Hardiness & Resilience
5. Personal Flourishing & Vital Engagement
6. Introduction to the 4 Quadrants
7. Inspired Leadership
8. High Performance Team Dynamics
9. Communications & Relations Masterclass

### WEEK 10: CAPSTONE MODULE



# Module 1: Introduction to the Mind

## MIND AS THE CORE OF OUR WORLD

### Outline

- What is the mind?
- Why work on our mind?
- Developing Metacognition
- Models of the Mind (How It Works!)
- The Map is Not the Territory
- Your Safe and Your Risky Problems



# Module 2: Introduction to Emotions & Emotional Fitness

## INTELLIGENTLY NAVIGATING YOUR WORLD

### Outline

- The Mind, Feelings & Emotions
- Models of Emotional Intelligence (EQ)
- Discovering Your Emotional Blueprint
- Beyond Emotional Intelligence
- Developing Emotional Fitness



# Module 3: Personal Wellbeing, Hardiness & Resilience

## REAL WELLBEING AS THE FOUNDATION

### Outline

- Our Personalities (Are Not Who We Are)
- The Five Factor Model
- Psychological Wellbeing
- Flexibility, Malleability & Adaptability
- Developing Hardiness
- Becoming More Resilient



# Module 4: Personal Flourishing & Vital Engagement

## FLOURISHING AS THE ULTIMATE GOAL

### Outline

- Flourishing & PERMA
- Gratitude & Savouring
- Strengths & Virtues
- Happiness
- Generating Wisdom



# Module 5: Introducing the Four Quadrants

## DEVELOPING LEADERSHIP PERSPECTIVE

### Outline

- Integral Leadership Concepts
- Adult Development & Maturity
- Native Perspectives
- Listening for the Quadrants
- Orienting, Leading & Navigating Your Team



# Module 6: Inspired Leadership

## DEVELOPING LEADERSHIP PERSPECTIVE

### Outline

- What is genuine Leadership?
- Leading versus Managing
- The 3 keys to Leading
- Values of Leaders
- How to Inspire Your Team



# Module 7: Performance Team Dynamics

## PROPELLING YOUR TEAM FURTHER & FASTER WITH GRACE

### Outline

- Culture & Relationships
- Individual Behaviours
- Systems & Standards
- State Management & The Zone of Excellence
- Characteristics of High-Performing Teams



# Module 8: Communications & Relationships

## DEVELOPING LEADERSHIP PERSPECTIVE

### Outline

- Culture Development
- Sound Relationships
- Communicating Effectively
- Dealing with Conflict



