




WILDERNESS

BEGIN HERE: POWER HOUR – TOPIC SPECIFIC SKILLS SESSION

There are two facilitated sessions each month.

These sessions are aimed at sharing specific information, tools and skills relating to the topic of the Power Hour

Book  Monthly teams meeting invites

COACHING CIRCLES

- Coaching circles happen after each Power Hour. These sessions are aimed at providing staff an opportunity to engage with the information, tools and skills to gain a deeper understanding and insights
- This interactive session requires delegates to ask questions and actively engage
- Book your virtual session [here](#)



IMPORTANT

The journey requires that you have attended the two foundation sessions.
Watch the recordings here:



UNDERSTANDING SELF 



UNDERSTANDING OTHERS 



THE JOURNEY TO PERSONAL-MASTERY

MODULE 1

Looking back and moving forward

Coaching Circle

MODULE 2

Understanding behavior and habits

Coaching Circle

MODULE 3

Psychology of resilience

Coaching Circle

MODULE 4

Leading self and performance

Coaching Circle

MODULE 5

Leading relationships

Coaching Circle