



INSTITUTE *for*  
LEADERSHIP FITNESS



clarity 

confidence 

effectiveness 

vitality 

## The Fit Leader's Program™



*A Unique Development Experience for Leaders  
Seeking to Make a Sustained Contribution*



**Information & Enrollment Packet**

# The Fit Leader's Program™



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## **Recent Clients**

Arizona Heart Hospital  
Arizona Medical Board  
Automotive Credit Corporation  
Beaumont Health System  
Behr-Hella Thermocontrol  
BorgWarner  
Bowker  
C.S. Mott Children's Hospital  
Calsonic Kansei North America  
Cambridge Information Group  
Carhartt  
DANTOM Systems  
Dialog  
Emergency Physician Medical Group  
Evana Automation  
Helios Education Foundation  
Illinois Institute of Technology  
Innoventures  
Institute for Social Research  
Macomb-Oakland Regional Center  
Michigan Chamber of Commerce  
Michigan Economic Development Corporation  
Perrigo  
ProQuest  
R.L. Polk & Co.  
Right Management  
Spartan Stores  
Spectrum Health  
St. Joseph Mercy Oakland  
Thomson Reuters  
TRW Automotive  
University of Michigan Health System

## **PROGRAM DESCRIPTION**

The Fit Leader's Program™ provides aspiring leaders with a unique and integrated leadership development experience. Combining tool-based workshops, professional coaching and leadership assessments, the Program increases the participating leader's clarity, confidence, effectiveness and vitality.

For over a decade, more than 1,000 leaders have field tested and refined our Leadership Fitness model into a transformative experience that produces sustained excellence. The Fit Leader's Program™ is facilitated only by Certified Leadership Fitness Coaches.

## **PROGRAM OUTCOMES**

After participating in the Program, leaders are more effective at:

- Setting a clear direction consistent with the strategic goals of their organization
- Sorting and prioritizing opportunities competing for their attention
- Selling their ideas to colleagues and customers
- Creating a work environment in which high performers thrive
- Managing important change initiatives and transitions
- Increasing the creativity, innovation and adaptability of their teams
- Taming their self-sabotaging "inner voices" so self-doubt doesn't get in the way of taking action
- Utilizing delegation as a means to accelerate the development of successor candidates
- Developing and delivering more impactful presentations
- Choosing foods, exercises and other healthy habits to maintain peak performance
- Adjusting to the communication preferences and conflict management styles of others
- Balancing periods of high engagement with periods of rest and rejuvenation

## **PROGRAM CONTENT**

The Fit Leader's Program™ introduces 32 unique tools and processes that create vibrant leaders who go on to enjoy balanced lives marked by personal health and sustained contribution.

Participants' remarkable results derive from the program's integrated approach to combining

- Assessments - to identify and track leadership assets and styles
- Workshops - tool-based experiences to strengthen specific capabilities and
- Coaching - to provide support, feedback and accountability

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*"This program has invigorated me in my pursuit of becoming a better person, leader and mentor. The multi-month approach has provided me with the opportunity and the time to practice what I am learning, and to get meaningful feedback and support throughout the learning process. Thank you for a great experience."*

*"The Fit Leader's Program™ has made me a more effective leader by helping me develop leadership skills that are both attainable and sustainable over time. The program has shown me that I have the potential to become a well-rounded and effective leader."*

*"I've achieved a much better balance between my work and my personal life. This has improved relationships, reduced stress and enhanced my overall performance and effectiveness."*

*"I have attended many management seminars over the course of my career, and this experience has been by far the best! The quarterly workshops with coaching in between is a winning combination."*

## PROGRAM AUDIENCE

The Fit Leader's Program™ has been engineered for leaders and managers that aspire to the most senior-level positions in their organizations. These individuals have been leaders of people and/or projects for at least three to five years, and are viewed by their organizations as successor candidates for even more responsible leadership assignments in the future.

## HOW THE PROGRAM IS DELIVERED

The Fit Leader's Program™ is offered in two highly-interactive formats: city-based, open-enrollment programs and onsite programs. Participants enrolling in city-based or open-enrollment programs attend workshops with a cohort of leaders from other organizations. Participants enrolled in an onsite program attend workshops with colleagues from their own organization.

When an organization brings the Fit Leader's Program™ onsite, it selects the number of workshops that best meets its needs, and selects from our library of 32 Leadership Fitness learning tools and processes.



## PROGRAM COST

Tuition is \$5,750 per person for each year-long, open-enrollment program and is inclusive of all program materials, four quarterly workshops, individual coaching sessions between workshops, leadership assessments and access to *The Leadership Fit® Online*.

Pricing for onsite programs is based on the number of workshops and learning modules selected by an organization, and on the amount of executive coaching included in the program. Ask us about our most popular onsite delivery configurations.

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## Enrollment Form

Please fax to: 866-693-8284

*"The 90-day focus was very helpful. It forced a commitment to action. I will use this model each quarter to prioritize my work and to calendarize my accomplishments."*

*"My coach was exceptional. She provided me with an objective perspective around my experiences and challenged me to think about them differently."*

*"Thanks again for such a great program, and for keeping us all mindful that it's not just the hours spent at work that are important in making us efficient, productive and excellent leaders. You have shown us that it is so much more than that."*

Name (First and Last) \_\_\_\_\_ Organization Name \_\_\_\_\_

Mailing Address \_\_\_\_\_ City \_\_\_\_\_ State/Province \_\_\_\_\_

Postal/Zip Code \_\_\_\_\_ Country \_\_\_\_\_

Business Phone \_\_\_\_\_ Fax \_\_\_\_\_ Email Address \_\_\_\_\_

Title \_\_\_\_\_ Years in Leadership Position(s) \_\_\_\_\_

Who influenced your decision to register for this Program? \_\_\_\_\_

Please indicate any specific dietary needs:

Vegetarian     Allergies (Please Specify) \_\_\_\_\_     Other (Please Specify) \_\_\_\_\_

Series Name \_\_\_\_\_ Date of First Session \_\_\_\_\_

Credit Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

I hereby authorize the Institute for Leadership Fitness to charge the credit card number above in the amount of \$750 to hold my seat in the above program.

Cardholder Signature \_\_\_\_\_

Yes, I \_\_\_\_\_ (please initial) authorize the Institute for Leadership Fitness to charge the balance (\$5,000) three weeks prior to the start date using the above credit card.

**By signing below, I certify that:**

- (i) my deposit is non-refundable;
- (ii) the balance of my Program fee is due three (3) weeks prior to the date of the first session noted above;
- (iii) once I attend the first session none of the Program fee is refundable or transferable, and there is no credit for missed sessions;
- (iv) any commercial use of the concepts, strategies, methods, materials and all other trademarks, copyrights and other intellectual property owned by the Institute for Leadership Fitness is prohibited without the express written permission of the Institute for Leadership Fitness; and
- (v) all of my decisions and actions, and their consequences, are entirely my own responsibility.

Signature \_\_\_\_\_ Date \_\_\_\_\_