



# Finding Your North

Always on, development journey

Powered by  Symbia

January - December 2022

We all want adaptable and agile businesses. But FIRST we need adaptable and agile people.



# What is Finding Your North?



A done-for-you learning journey built around your busy schedule that drives mindset and behaviour change to improve performance & impact



# Finding your North development programme

Inner Game

Business Partnering

Conscious Communication

Strategic Influence

Official launch!



Self-Leadership



The power of Purpose



Active Listening



Navigating difficult situations



Critical thinking & Questioning



Priority setting & Focus



Effective meeting moderation

BREAK



Confidence Under Pressure



Making Compelling Recommendations



Strategic relationships

Graduation & Certification

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sept

Oct

Nov

Dec

\*10 sessions spread over the year

# Meet the trainers



**Jodie Rogers**  
Leadership & Mental  
Fitness expert



**Kate Hickey**  
Facilitator &  
Focus expert



**Nicky Perfect**  
Former hostage  
negotiator &  
communications trainer



**Des Cristophi**  
Executive coach & facilitator



**Wendy Adams**  
Facilitator &  
Research expert



**Jessica Uys**  
Facilitator &  
Leadership Coach

## Connecting and Defining Our Purpose

Let's say hey! We're heading into breakout groups for 15 minutes.

1. Introduce yourself
2. If you could have an unlimited supply of anything, what would it be?
3. What do you hope to get from FYN this year?

What can you expect from us?





# What you can expect from us



## Practical training

focused on mindset, agility, influence and impact



## Delivered via

**monthly** interactive and action-focused live webinar sessions



## A community

model where you expand your network & learn from others



New understanding, new practices, new relationships –

**ongoing support**

# What you can expect from us



**Toolkits** will follow each of our live webinars. These will be sent directly to your inbox - no need to take extensive notes.



Heightened self-awareness and **new tools & skillsets** for the modern world



**Support** at your fingertips. Email [team@symbiapartners.com](mailto:team@symbiapartners.com) with any issues.



A **certification** upon successful completion of the EDGE



The Institute of Leadership and Management has recognised **Finding Your North** as a worthy and engaging programme for developing leaders.

This accreditation means that upon completion of our programme, **qualifying participants will receive a certificate from the Institute of Leadership Management and *AMinstLM* credentials.**

*\*To receive this certification, participants must attend 8 of the 10 live sessions.*

What do we expect from you?





This is NOT another 'meeting'

# What we expect from you



Camera's ON



Talk to US



Talk to EACH OTHER



## What we expect from you

- **Be Present**
- **Be ACTIVE**
- **Move forward**
- **Get vulnerable**
- **Be Open**
- **Take risks**
- **Progress over perfection**
- **Take action**
- **Be Real**



# The 3 steps you should have taken so far:


**Applied & got accepted**

**Completed Benchmark Assessment**

**Got your Mental Fitness Score**

- **20th Jan**– Self Leadership
  - [Add to your iCal / Outlook calendar](#)
  - [Add to your Google calendar](#)
- **10th Feb**– Uncertainty & Agility
  - [Add to your iCal / Outlook calendar](#)
  - [Add to your Google calendar](#)
- **17th March**– Critical thinking & Questioning
  - [Add to your iCal / Outlook calendar](#)
  - [Add to your Google calendar](#)
- **14th April**– Priority setting & Focus
  - [Add to your iCal / Outlook calendar](#)
  - [Add to your Google calendar](#)
- **19th May**– Stress & Performance
  - [Add to your iCal / Outlook calendar](#)
  - [Add to your Google calendar](#)
- **16th June**– Strategic Relationships & Influence
  - [Add to your iCal / Outlook calendar](#)
  - [Add to your Google calendar](#)
- **21st July**– Navigating conflict
  - [Add to your iCal / Outlook calendar](#)
  - [Add to your Google calendar](#)
- **15th Sept**– Inclusive Leadership
  - [Add to your iCal / Outlook calendar](#)
  - [Add to your Google calendar](#)
- **20th Oct**– Developing others
  - [Add to your iCal / Outlook calendar](#)
  - [Add to your Google calendar](#)
- **9th Nov**– Fostering Innovative Thinking
  - [Add to your iCal / Outlook calendar](#)
  - [Add to your Google calendar](#)

[Option 2: If you would like 10 calendar invites in your inbox - you can click here to make that happen](#)

**DELETE your current calendar invites for 60 minutes!** 

**Coming soon: Accept all calendar invites** 

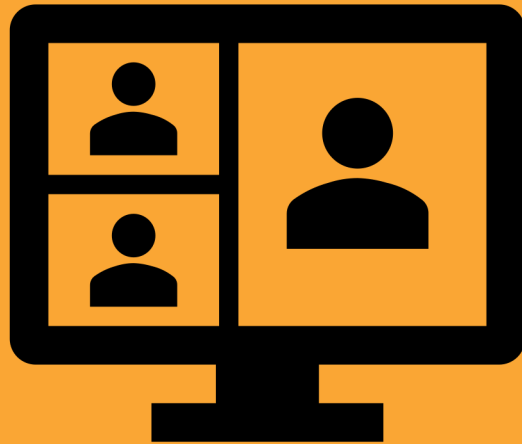
**The above is an example email and NOT our FYN dates**



What can we expect from each other?



# Pre and Post Work



By design, we will have included pre and post work in between sessions.

This work is not mandatory, it's only meant to enhance your understanding and dig deeper.

# Community

We sincerely hope that you capitalize on the relationships and community that FYN will create for you and your career.

It's an opportunity for you to connect, share resources, and build connection.

By building connections you can meet a mentor, find a coach, and expand your network.


Connect with us and each other on LinkedIn:

@Symbia

@JodieRogers


@KateHickey

Posted by **Jodie Rogers** • 1/4/2022

 **Symbia**  
616 followers  
23h • 🌐

You can achieve anything you set your mind to. 🧠 Your mental fitness is key to enabling you to fulfill your potential and achieve your goals.

...see more



# Measuring results

Results matter! Both for us, for YOU and for the businesses you're in.

We therefore insure we captures key metrics and inputs from all participants at the beginning middle and end so we can demonstrate how the needle has moved on the core skills that matter.

**We're tracking your activity**

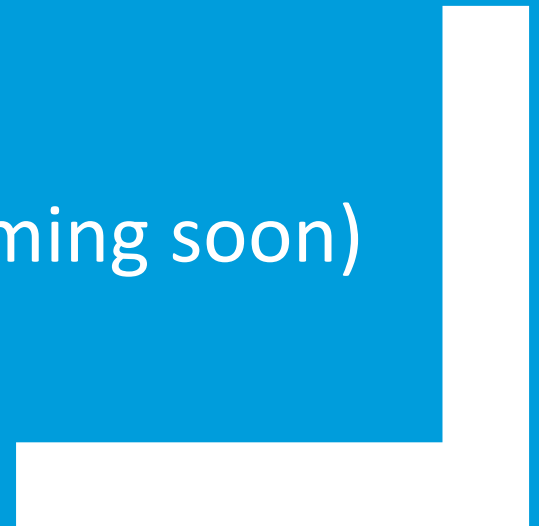


Before we go....



## 3 next steps:

- Finish your Mental Fitness Survey and Mental Fitness Scorecard
- Whitelist our emails
- Add all sessions to your calendar (email coming soon)



**See you on January 19<sup>th</sup>!**

**Self Leadership at 11am UK time**



**Jodie Rogers**

Leadership & Mental

Fitness expert