

The **EDGE**

Insights book

Staying on The EDGE Checklist

- Complete the benchmark survey
- Mental Fitness course completed
- Set up my support and challenge group
- Accept all EDGE invites in my diary
- Use my voice in sessions
- Use a new tool from The EDGE sessions
- Turn up to at least 7 live sessions and be fully present
- Mid-programme survey complete
- Have a conversation about my progress with my line manager
- Have one networking call or coffee with an EDGE participant
- Log a question in the EDGE community
- Create space for myself to learn
- Dive deeper into the topics
- End of programme survey complete
- Add accreditation to my LinkedIn profile and CV

Strengthen your mental state

The seven essential mental activities

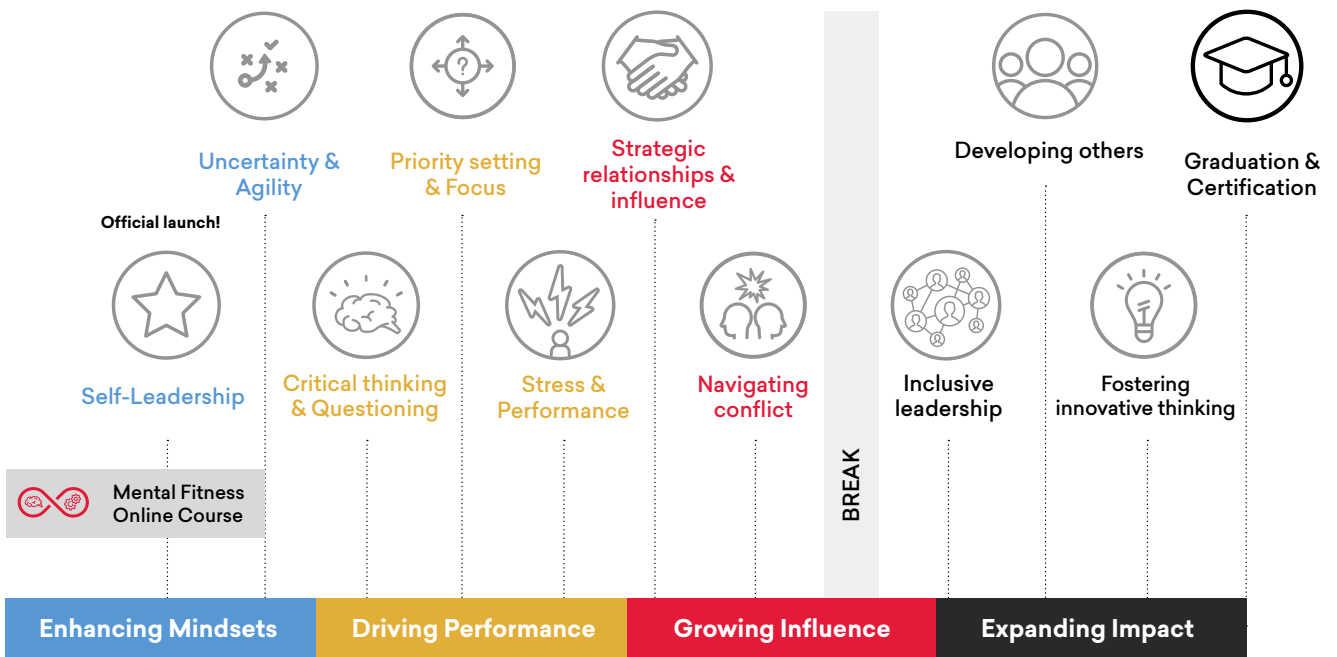


Score yourself out of 10 for each activity

	Date:	Date:	Date:
Sleep time Giving the brain rest and recovery	/10	/10	/10
Focus time Setting goals and dealing with challenges	/10	/10	/10
Physical time Strengthening the brain's plasticity	/10	/10	/10
Connecting time Building and developing relationships	/10	/10	/10
Play time Being creative, enjoying new experiences	/10	/10	/10
Time in Reflecting and self managing	/10	/10	/10
Down time Relaxing and being totally present	/10	/10	/10

Total _____
out of 70

The EDGE development programme



*10 sessions spread over the year



Enhancing mindsets

Self Leadership

Optimize your mental fitness to navigate challenge, change, and setbacks

Uncertainty and Agility

Learn to thrive through change and develop an agile mindset



Driving performance

Critical Thinking and Questioning

Move from executing requests to uncovering the why that drives them

Priority Setting and Focus

Gain clarity on what really matters and optimize your capacity

Stress and Performance

Capitalize on positive stress and thrive in chaos



Growing influence

Strategic Relationships and Leveraging Influence

Build your network and influence via strategic partnerships

Navigating Conflict

Lean into conflict through critical conversations



Expanding Impact

Inclusive Leadership

Enhance your cultural intelligence and unlock the benefits of diversity

Developing Others

Become a talent catalyst through coaching, mentoring, and modeling

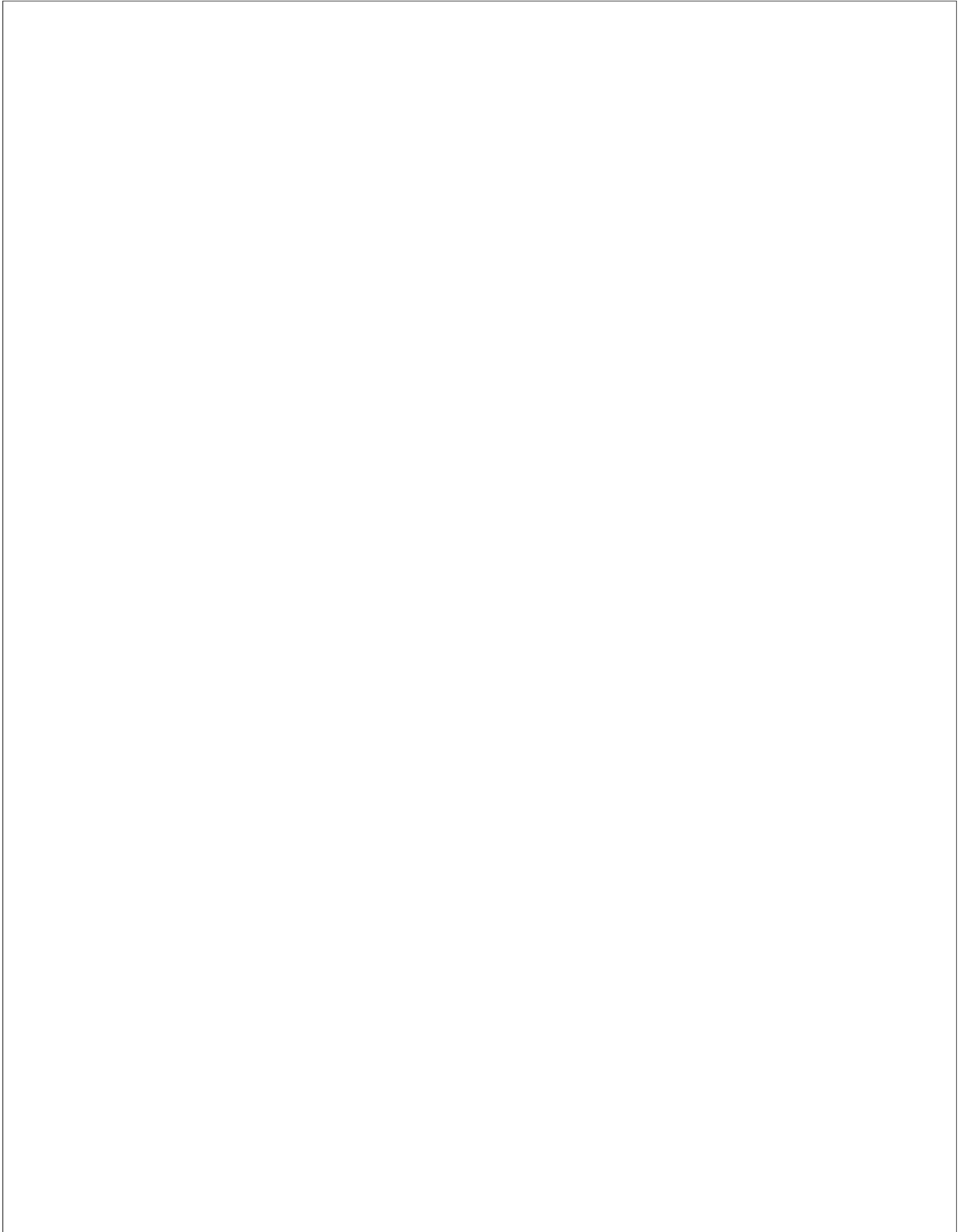
Fostering Innovative Thinking

Dare to challenge the status quo, find new solutions, and creatively solve problems



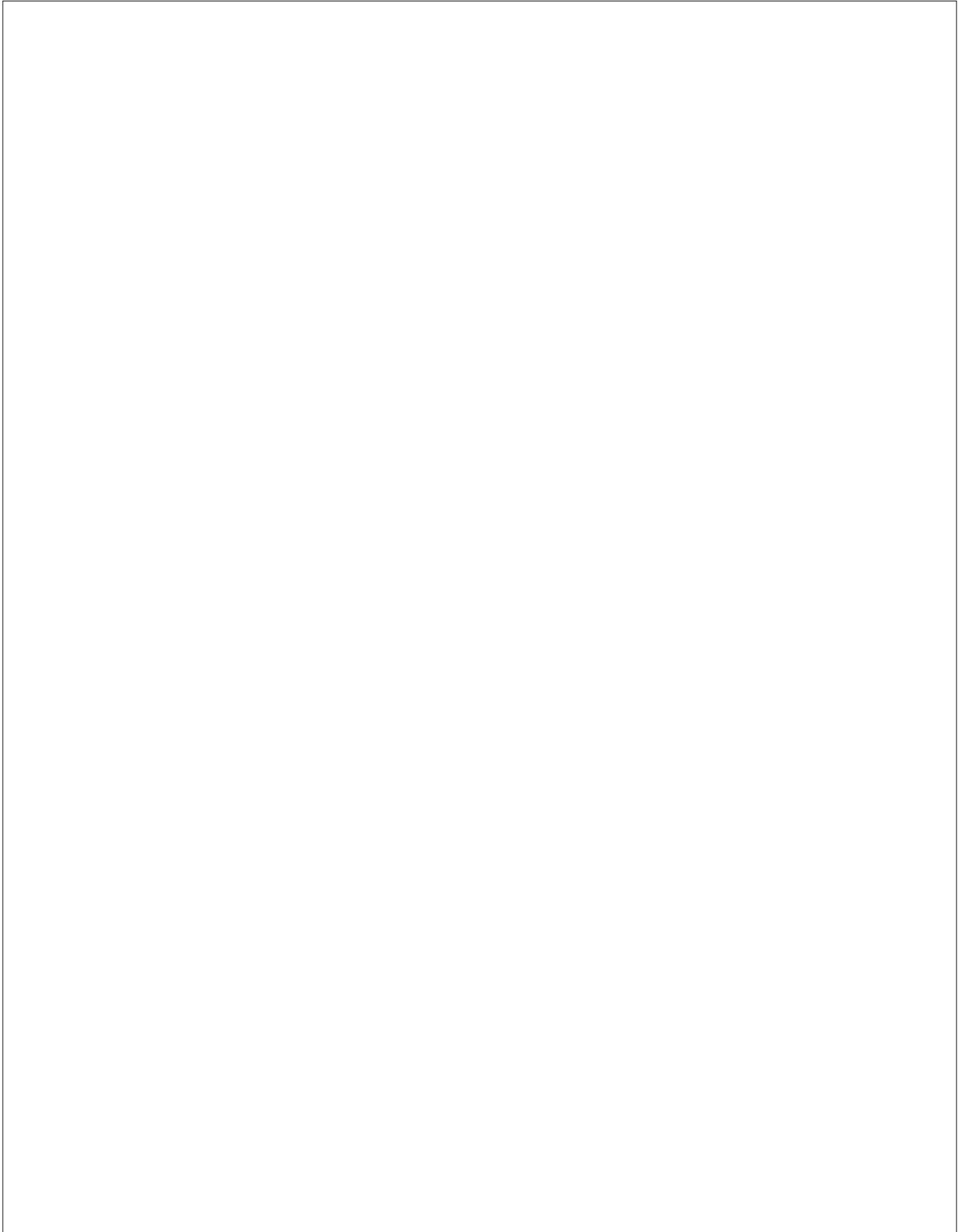
Enhancing Mindsets

Learning the skills and methods to regulate our emotions and responses for better working relationships and more effective outcomes



“What we fear doing most is usually what we most need to do.”

Ralph Waldo Emerson



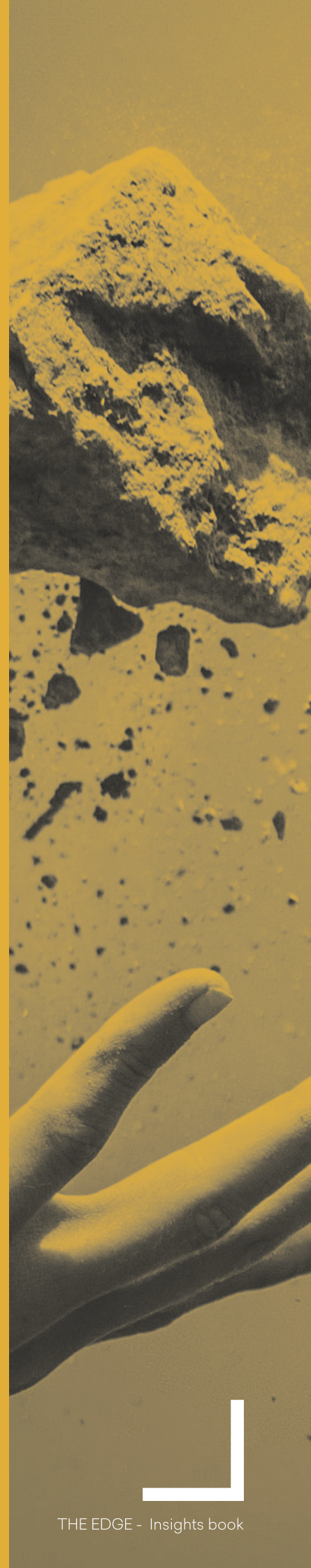
“Real courage is moving forward when the outcome is uncertain.”

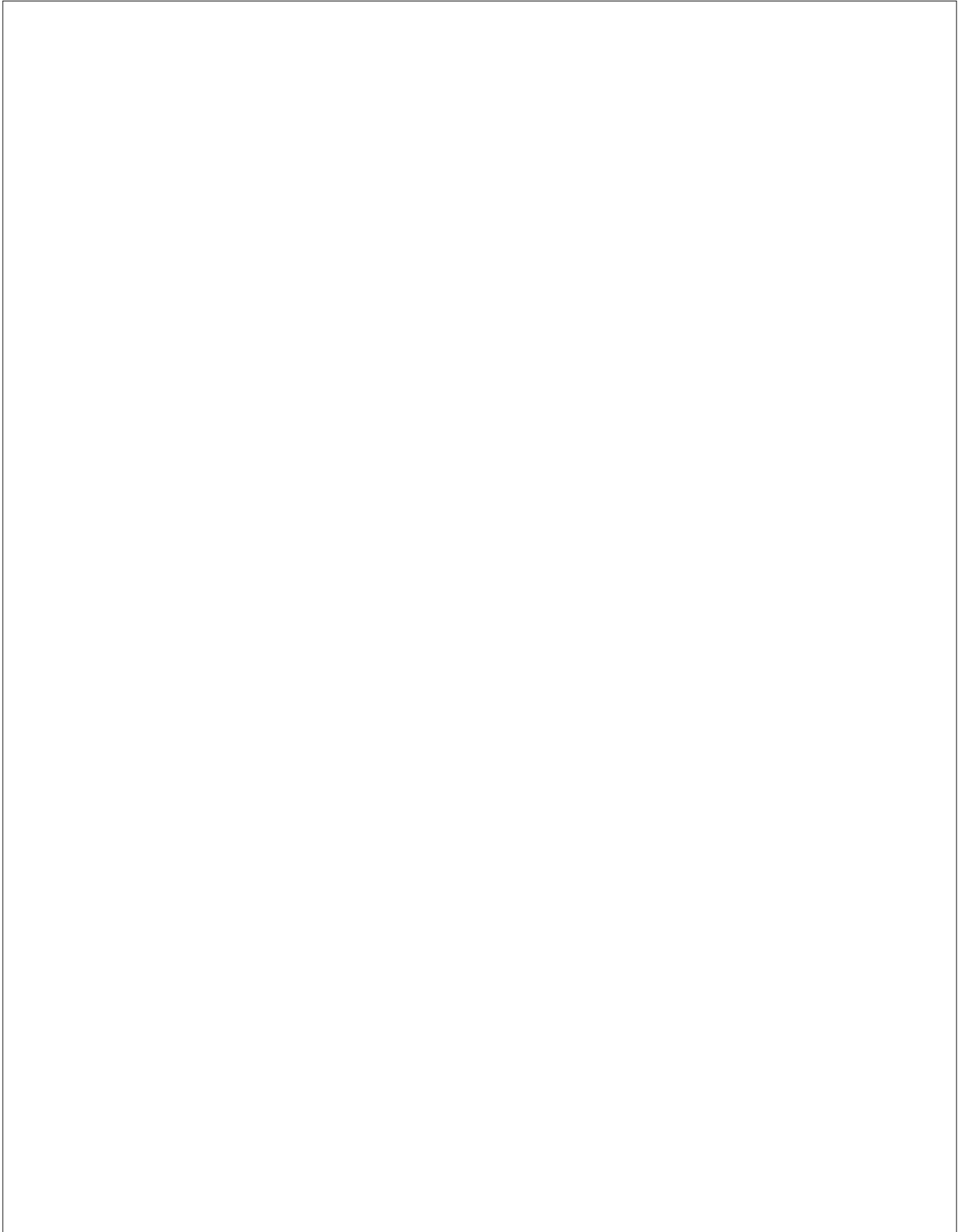
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Driving Performance

Understanding the ingredients
for motivation, momentum and
productivity

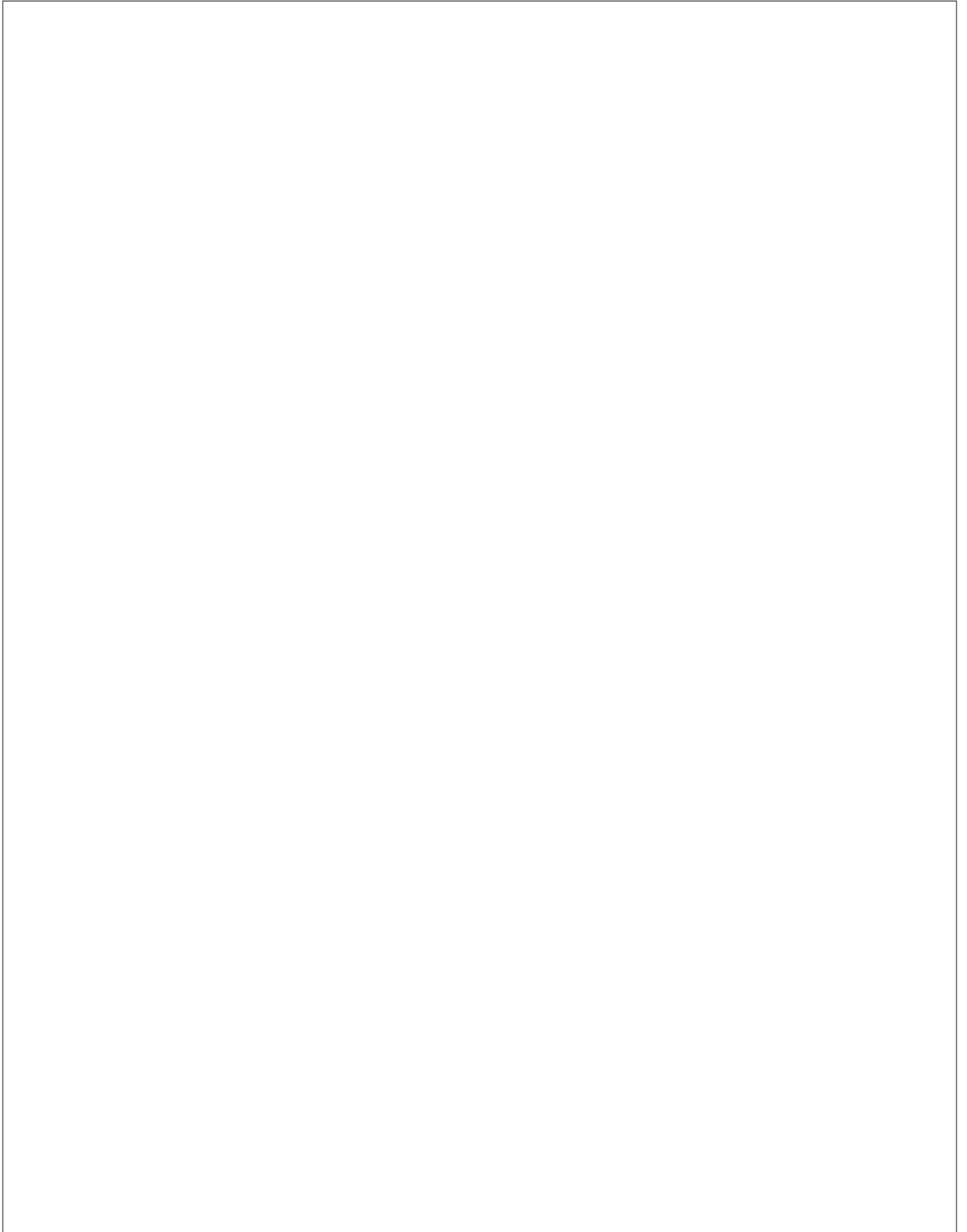




“Knowledge is having the right answer. Intelligence is asking the right question.”

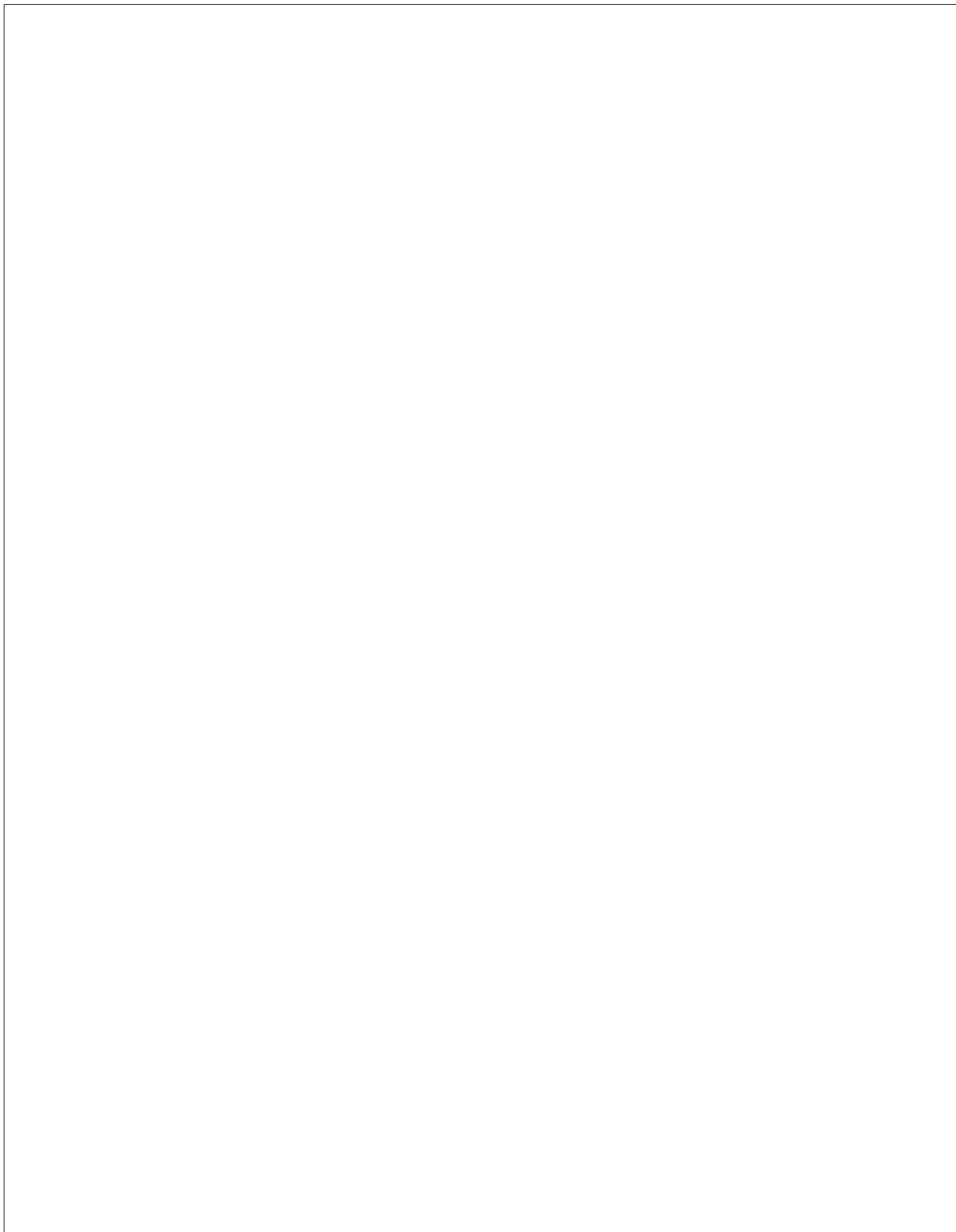
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Session 4: Priority Setting and Focus



“Incredible change happens in your life when you decide to take control of what you have power over instead of craving control over what you don’t.”

Steve Maraboli



"It's not stress that kills us. It's our reaction to it."

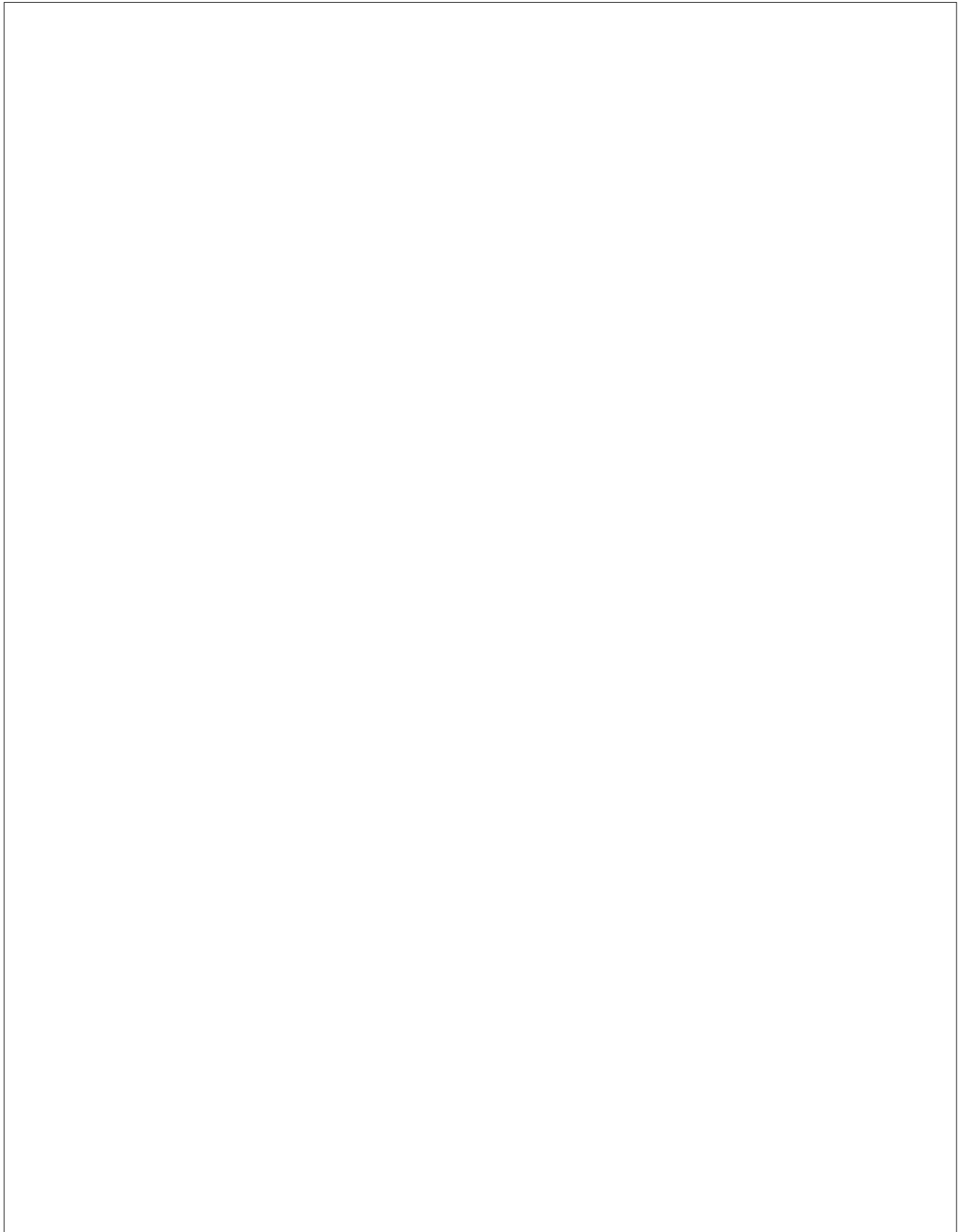
Hans Selye



Growing influence

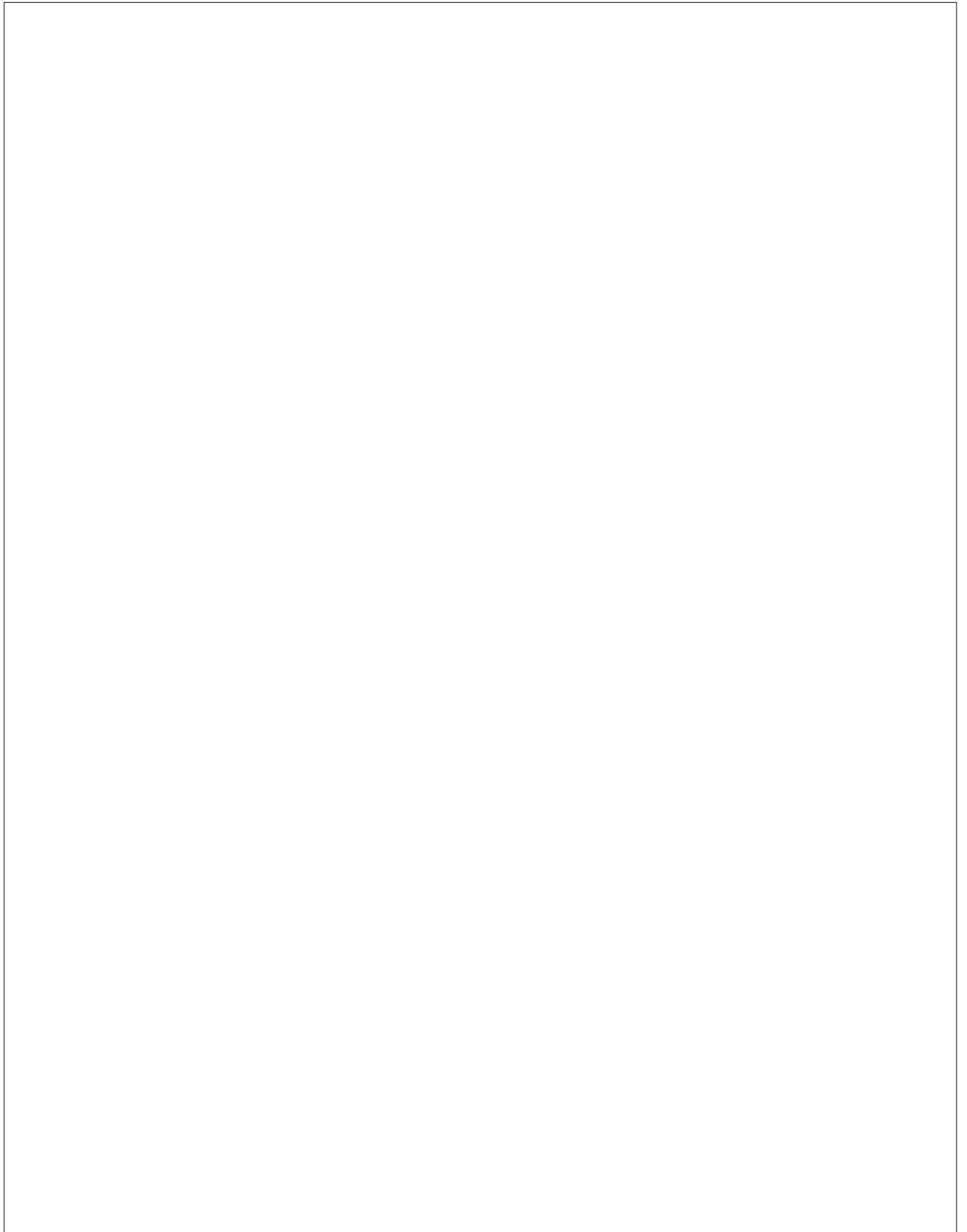
Moving from building
relationships to strategically
influencing outcomes and
decisions





*“We both agreed to upgrade our relationship into a strategic partnership...
Never has our relationship been more important than today”*

Hu Jintao



“Whenever you are in conflict with someone, there is one factor that can make the difference between damaging your relationship and deepening it. That factor is attitude”

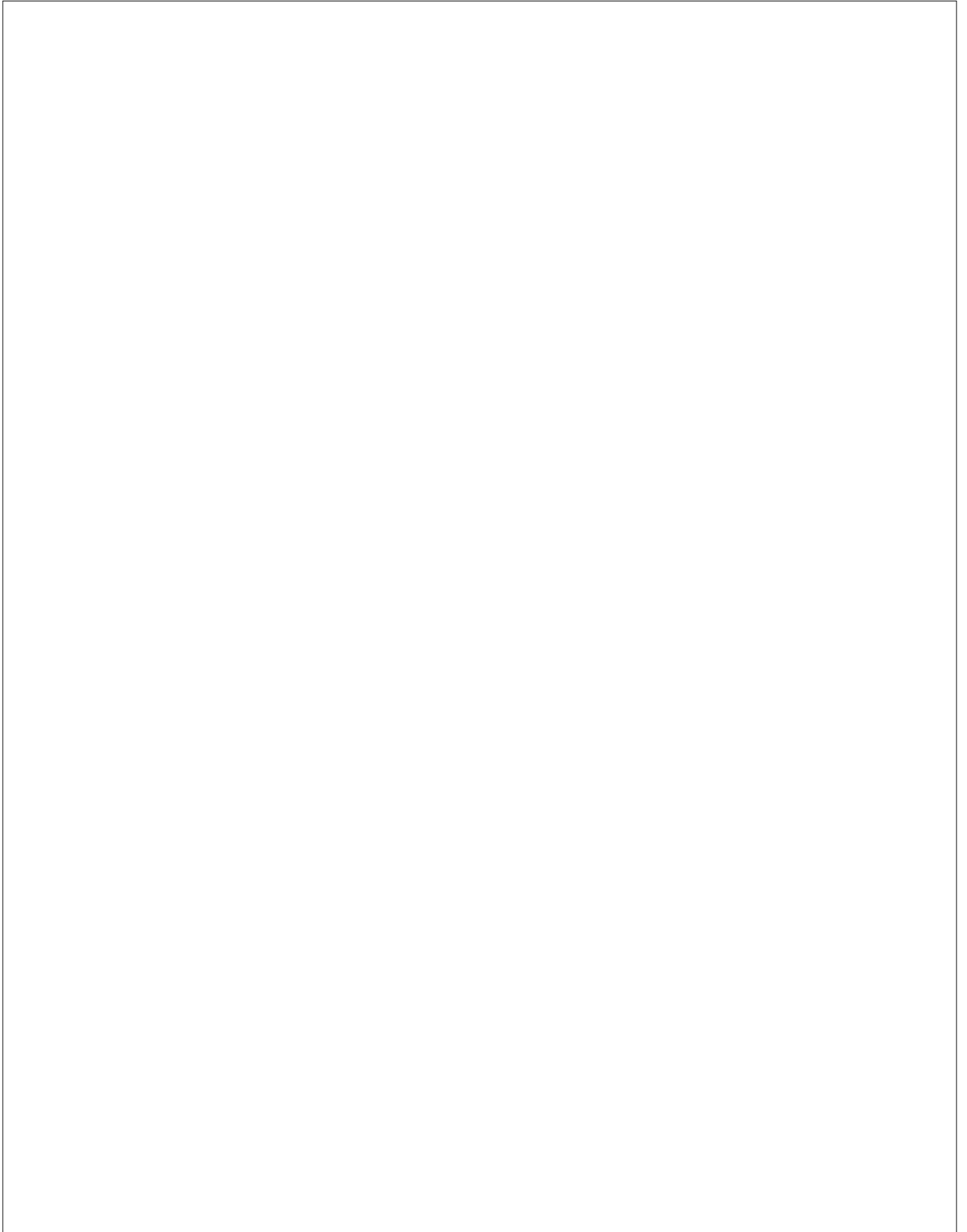
Ralph Waldo Emerson



Expanding Impact

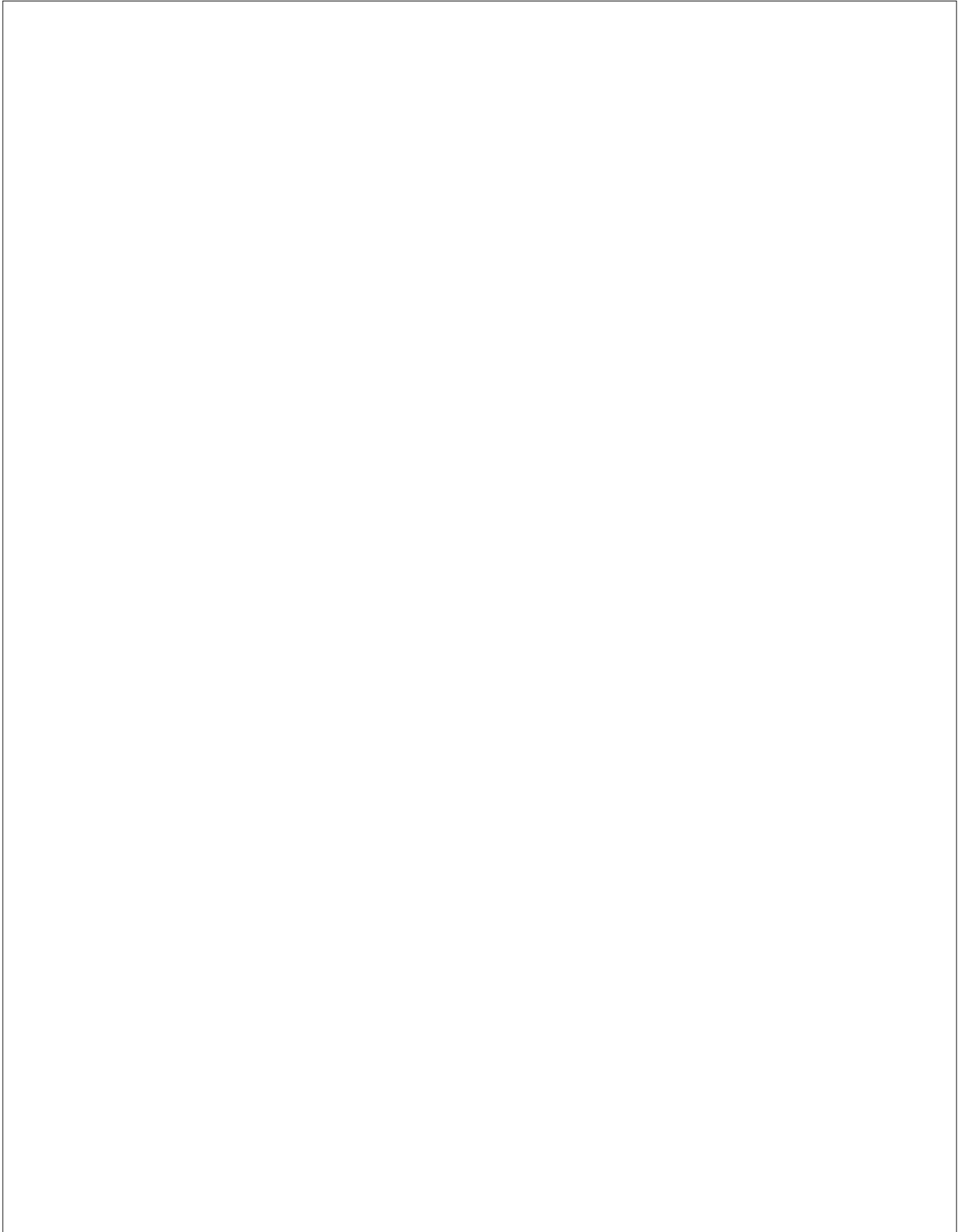
Enhancing our presence and
impact in the business





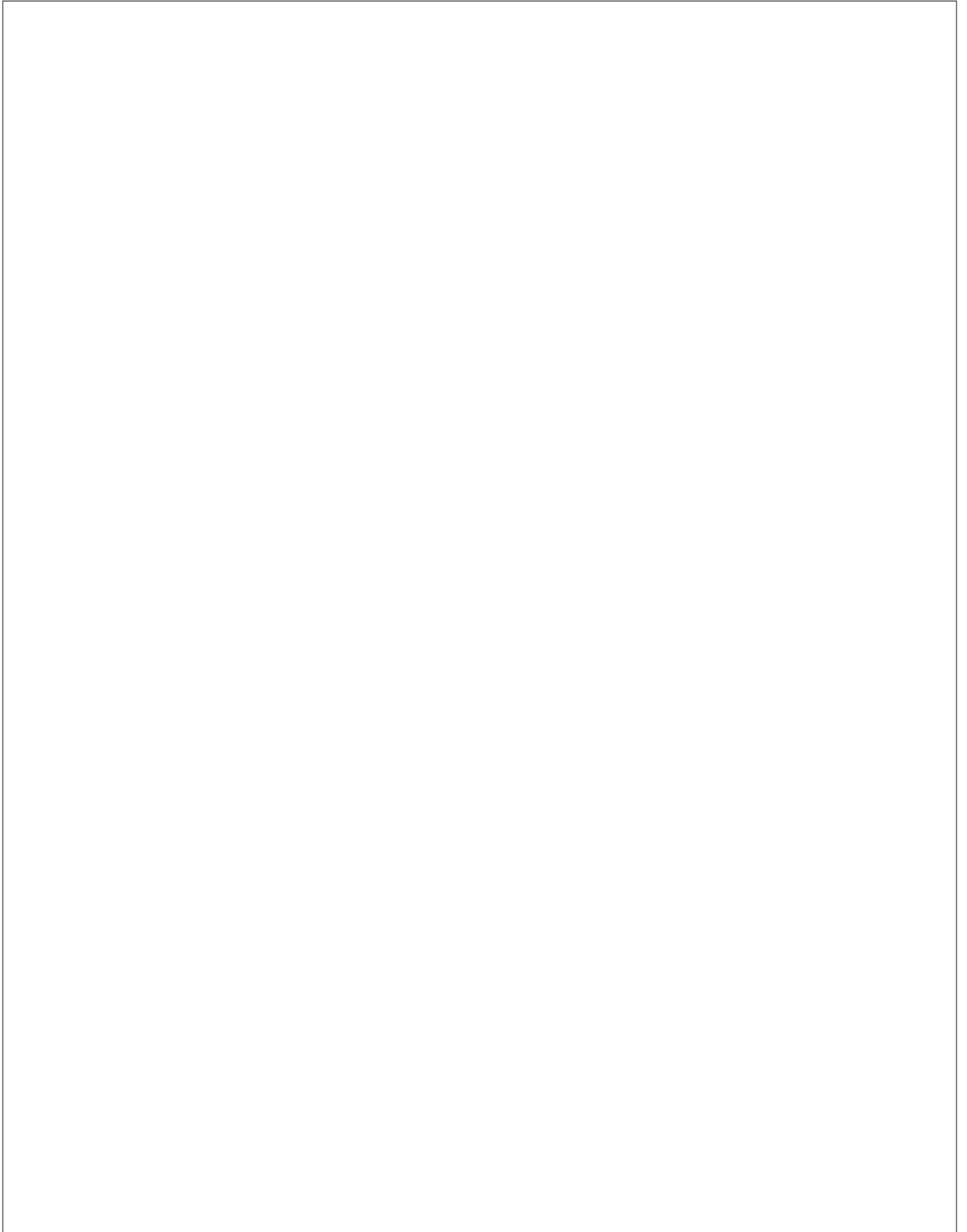
"It is only as we develop others that we permanently succeed"

Harvey S. Firestone



“Inclusive leadership is not a destination. It’s a journey that requires humility, curiosity and courage.”

Thais Compoint



“Innovative solutions to new challenges seldom come from familiar places.”

Gyan Nagpal

Write our **key insights** or **actions** you want to remember from each session here

Self Leadership

Uncertainty & Agility

Critical thinking & questioning

Priority setting & focus

Stress & Performance

Write our **key insights** or **actions** you want to remember from each session here

Strategic relationships & influence

Navigating conflict

Inclusive Leadership

Developing others

Fostering Innovative thinking

About Symbia

Who we are

Symbia was founded on a simple idea: that there's a direct, symbiotic relationship between our teams and ourselves, that our workplaces and our well-being are intertwined. Work is so much more than just a job—it's where we spend half our waking lives.

We help people build mental strength, resilience, and agility to be better for the long term, not just when crisis strikes.



Symbia

What we do

Through our bespoke learning sessions, leadership & team workshops, and virtual programs.



We bring a unique expertise that is the result of our experience working with and inside of global brands & corporations

How mentally fit are you?

Take our online **Mental Fitness Pulse Check** and find out how to optimize your mindset and potential in under 4 minutes.



YOUR OVERALL SCORE
70%
high



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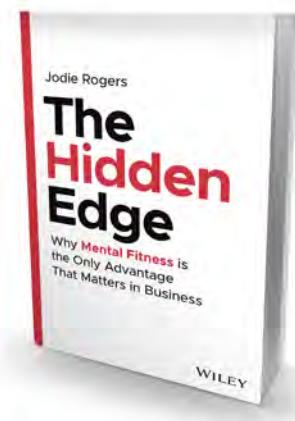
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for inspiring conversations and insights on mental fitness and team effectiveness.



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to The Hidden Edge podcast [here](#) for discussions with C-suite leaders of global companies, entrepreneurs and special guests.



Amazon #1 Bestseller

The Hidden Edge is loaded with engaging stories, real case studies, and over 24 tools and resources to help you improve your performance and manage your most important asset: your mind.

The **EDGE**

BINGO

Someone with a dog in their lap	A black cup or coffee mug	<i>"no no you go first"</i>	Any alcoholic beverage	Surprise interruption from a family member
A pet introduction	Cat meowing	Siren in the background	<i>"We use Teams"</i>	Laughing in a breakout room
Kids art spotted in someone's background	Inspirational quote spotted in the background	Someone mentions a book	Mispronouncing someone's name	<i>"You just cut out"</i>
<i>"Can you see my screen?"</i>	<i>"I have to jump"</i>	Jodie says <i>"We can't connect with a black screen"</i>	An EDGE pun is made	<i>"it's not enough time"</i>
Someone taking the call from the car/walking	Someone changes their Zoom name to something funny!	A virtual background that gets a comment	Dance/music/breathing break	5 seconds of awkward silence

**To learn more
about our
programs &
content for teams
and leaders,
send us an email:**

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symbiapartners.com

The **EDGE**

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