



Finding Your North

Insights book

January - December 2022



THE INSTITUTE OF
LEADERSHIP
& MANAGEMENT
APPROVED

The Institute of Leadership and Management has recognised **Finding Your North** as a worthy and engaging professional development programme. 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 are required to attend 80% of the live webinars.*

Finding Your North Checklist

- Complete the benchmark survey
- Set up my support and challenge group
- Accept all FYN invites in my diary
- Use my voice in sessions
- Use a new tool from the FYN sessions
- Turn up to at least 7 live sessions and be fully present
- Complete mid-programme survey complete
- Have a conversation about my progress with my line manager
- Have one networking call or coffee with someone else from FYN
- Log a question in the FYN 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

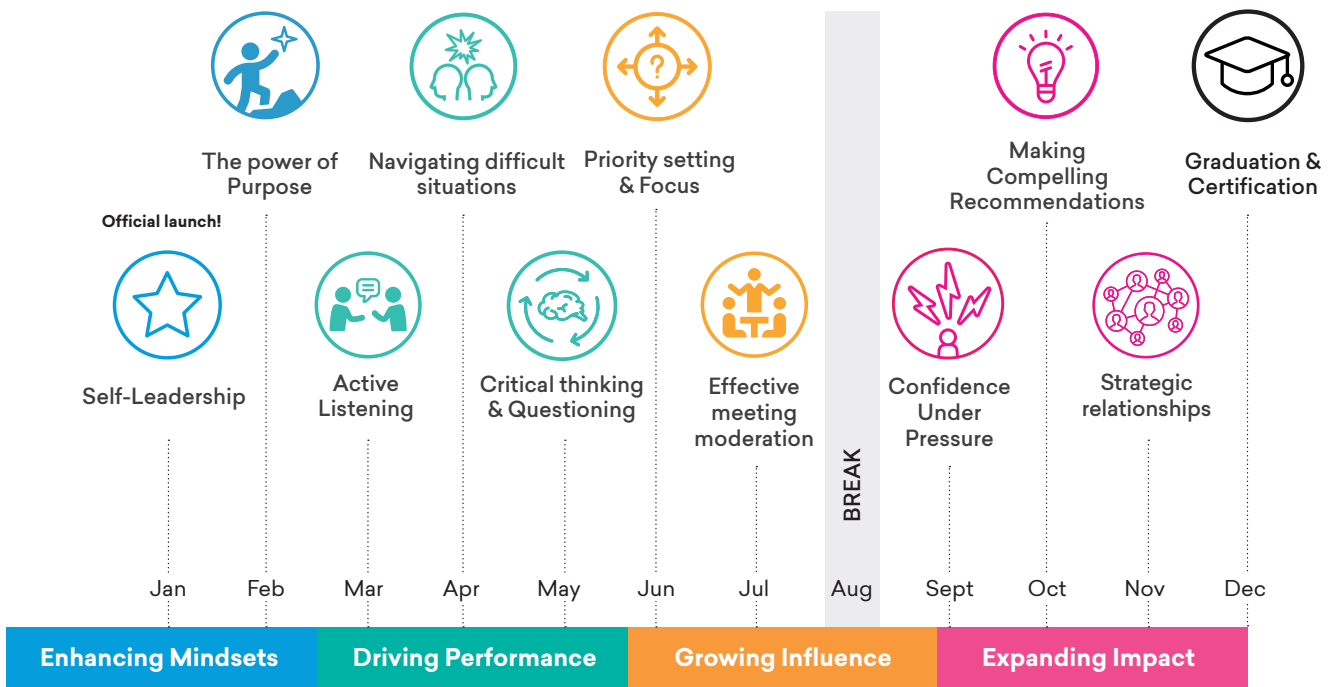
Finding Your North

Focuses on developing an individual's personal presence and impact at work, bringing them to the next level of performance.

Through live interactive learning sessions, participants will learn how to enhance their business partnering capabilities, practice advanced communication skills, and embrace change to be resilient in the face of challenge and setbacks.





The culmination of which leads to strengthened professional confidence and enhanced presence and impact in the business.

Finding your North development programme



*10 sessions spread over the year

Finding Your North

 <p>Inner Game</p> <p>Self Leadership Learn to take responsibility for our own development. Optimize our mental fitness to navigate challenge, change, and setbacks</p> <p>The Power of Purpose Recognising what makes us uniquely 'us' and learning to leverage it in the work we do</p>	 <p>Business Partnering</p> <p>Active Listening Practicing how to truly focus on what is being said and to tune in to others</p> <p>Critical Thinking & Questioning Move from executing requests to uncovering the why that drives them</p> <p>Navigating Difficult situations Sometimes we can get caught between different objectives and agenda's. Learn how to manage 'sticky' situations with skill & grace</p>	 <p>Conscious Communication</p> <p>Priority Setting & Focus Gain clarity on what really matters and optimize your capacity</p> <p>Effective Meeting Moderation Learn how to pro-actively manage a meeting to ensure it is highly effective and meets its 'objective'</p>	 <p>Strategic Influence</p> <p>Confidence Under Pressure When the heat is on often we freeze with overwhelm. Practice how to perform even when under pressure</p> <p>Making Compelling Recommendations Moving beyond data & insights to forming a strong point of view & communicating it</p> <p>Strategic Relationships Consciously build and leverage your influence through authentic connections</p>
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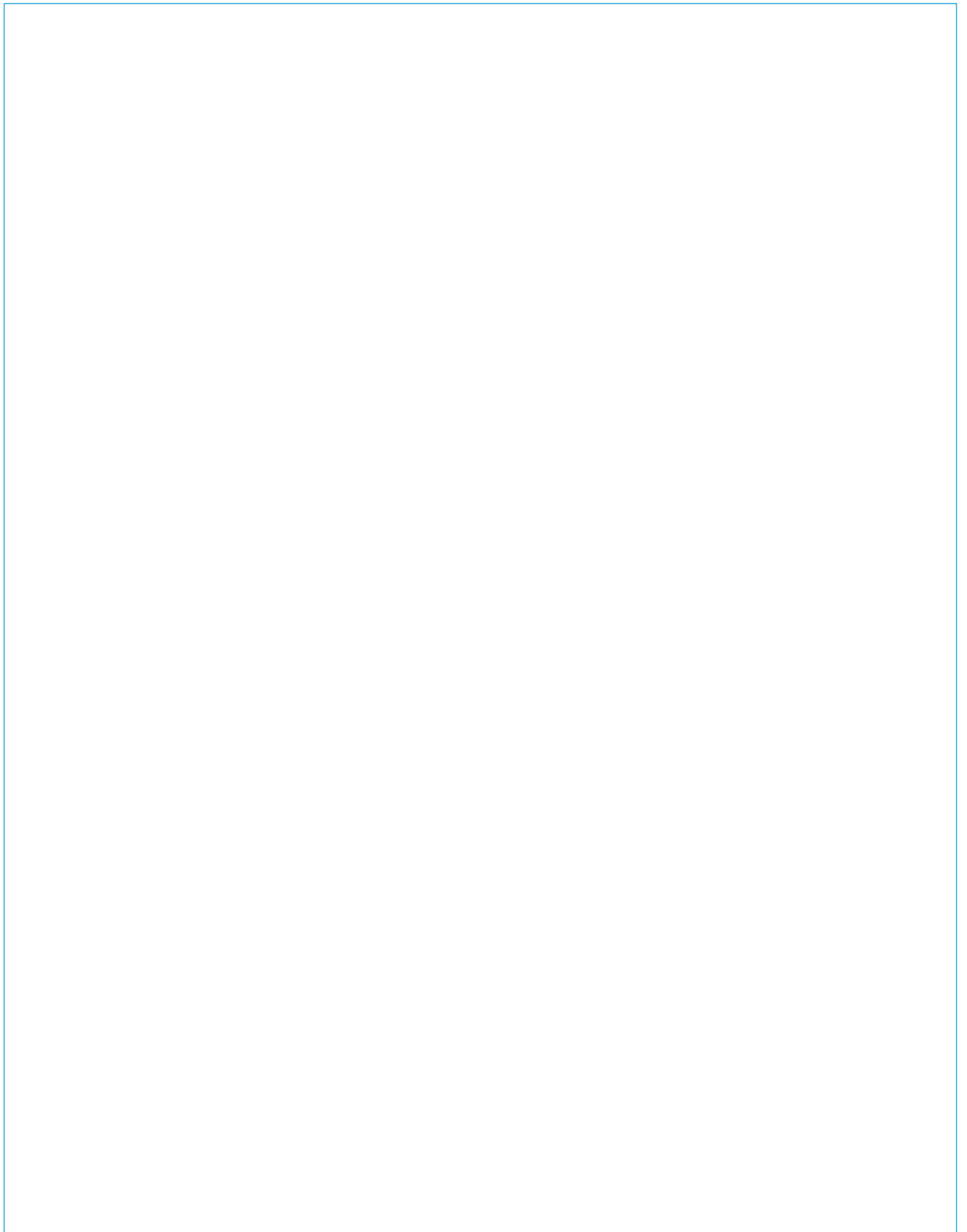


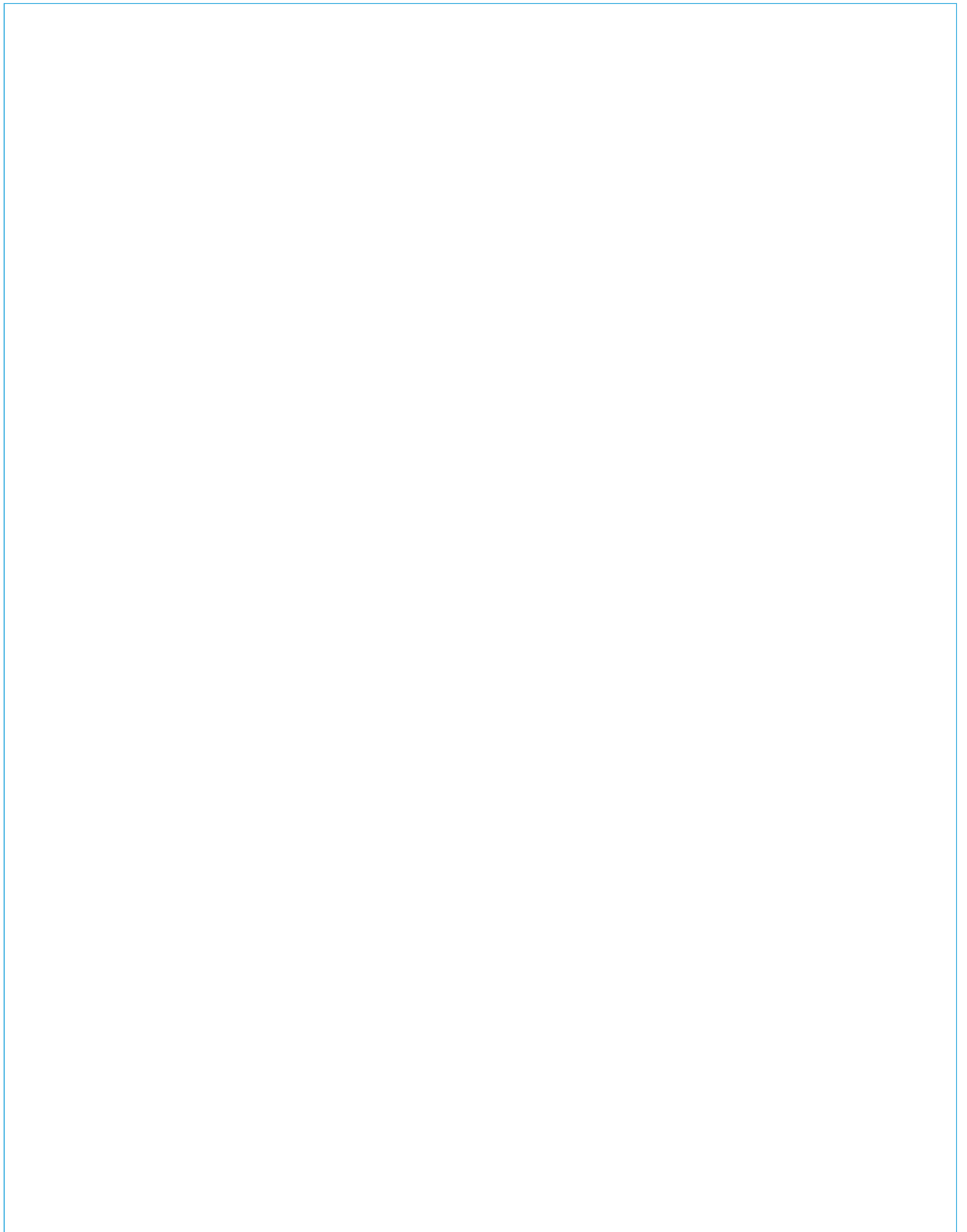
Inner Game

Optimize your
mental fitness
and understand
your purpose

January and February





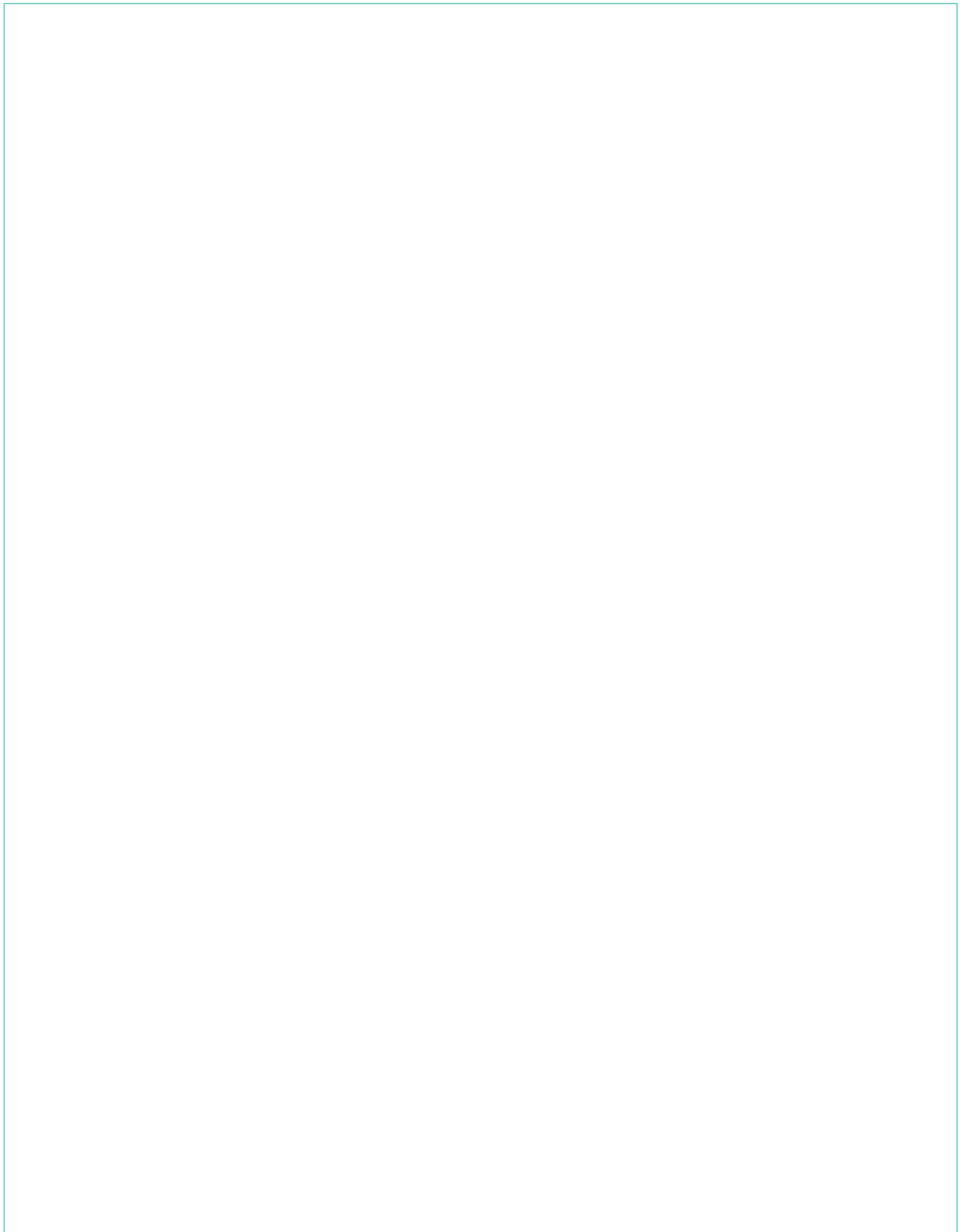


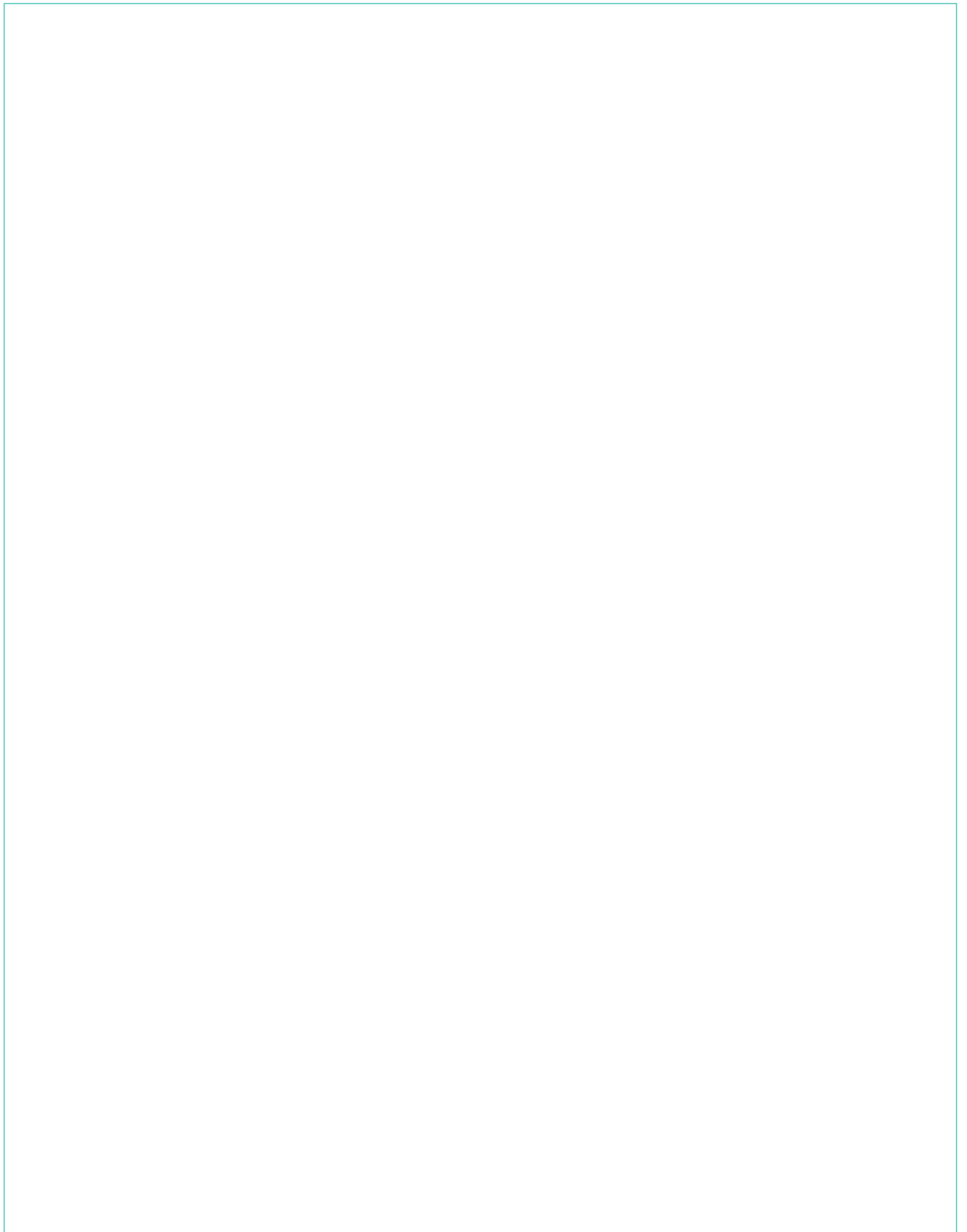


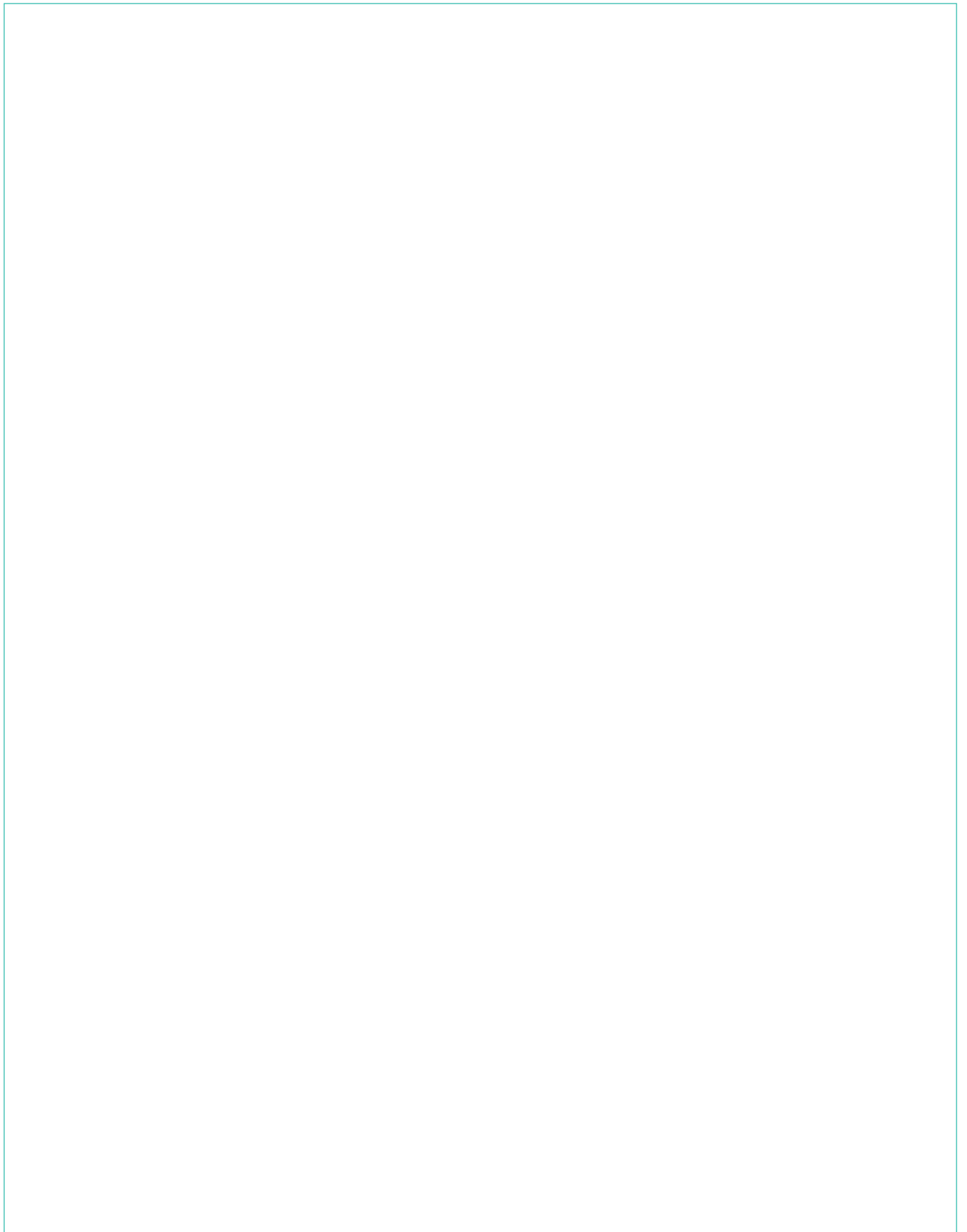
Business Partnering

Move from passive to active listening and from executing to critical thinking

March, April, and May







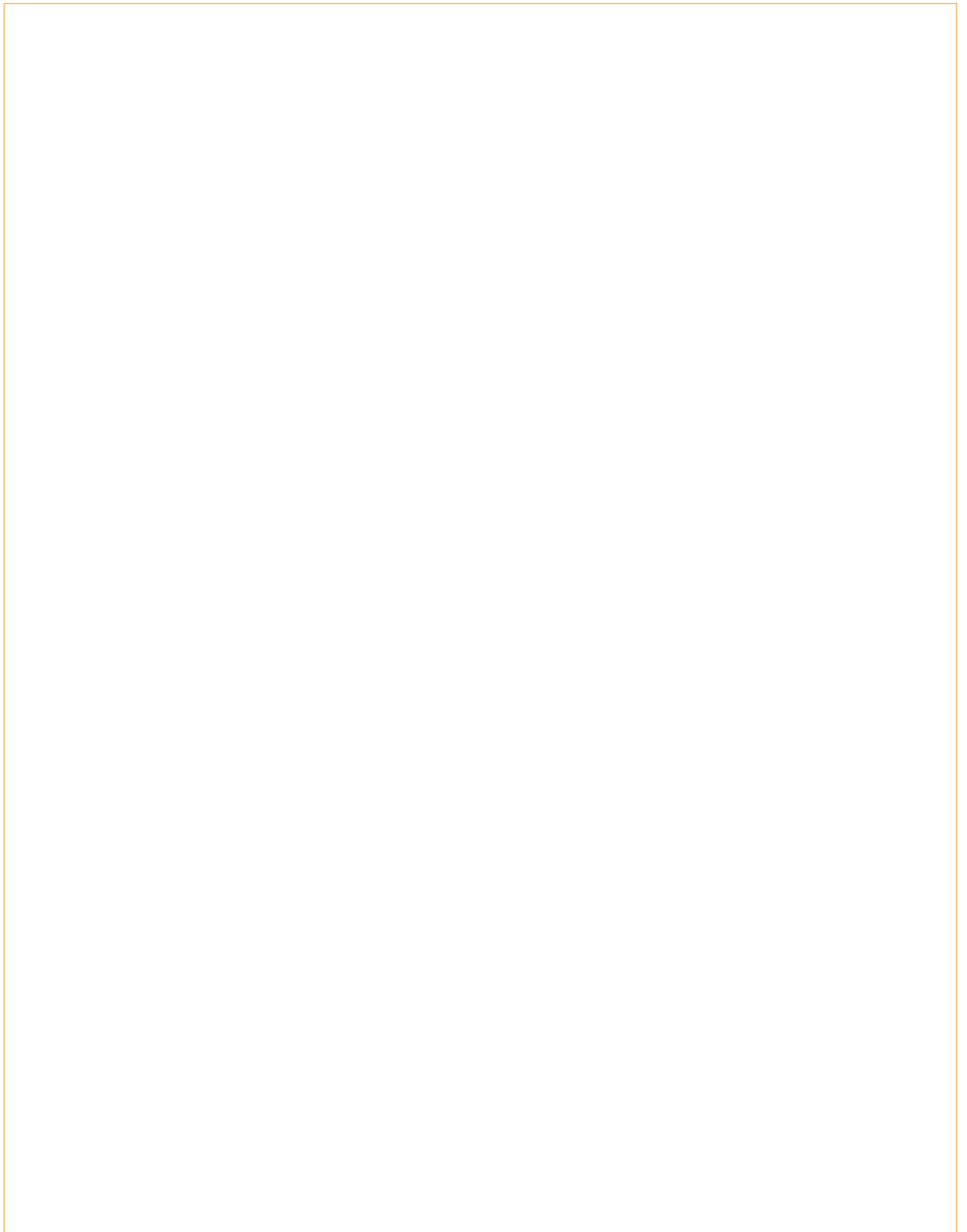


Conscious Communication

Strategies for defending
your focus and managing
meetings effectively

June and July

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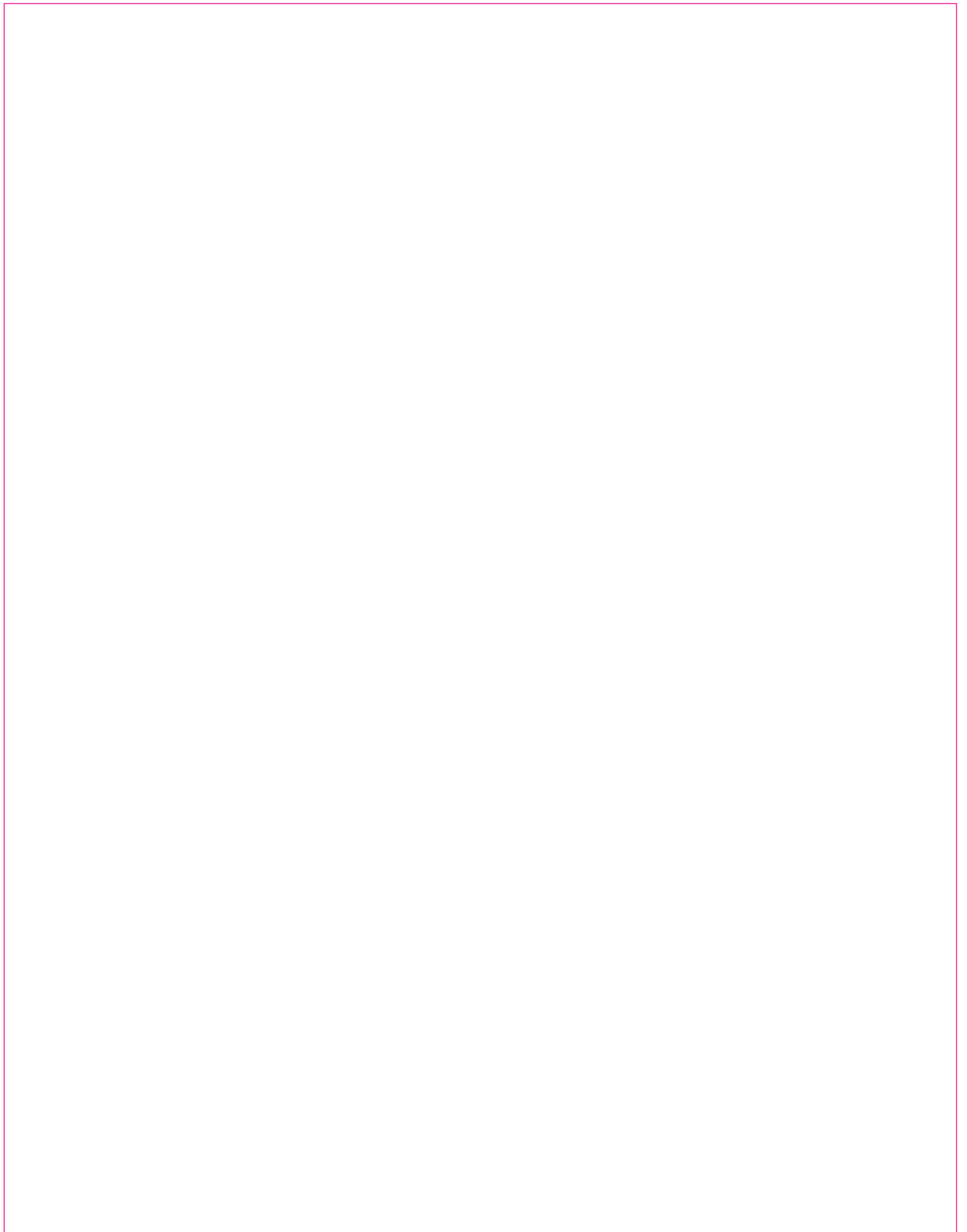


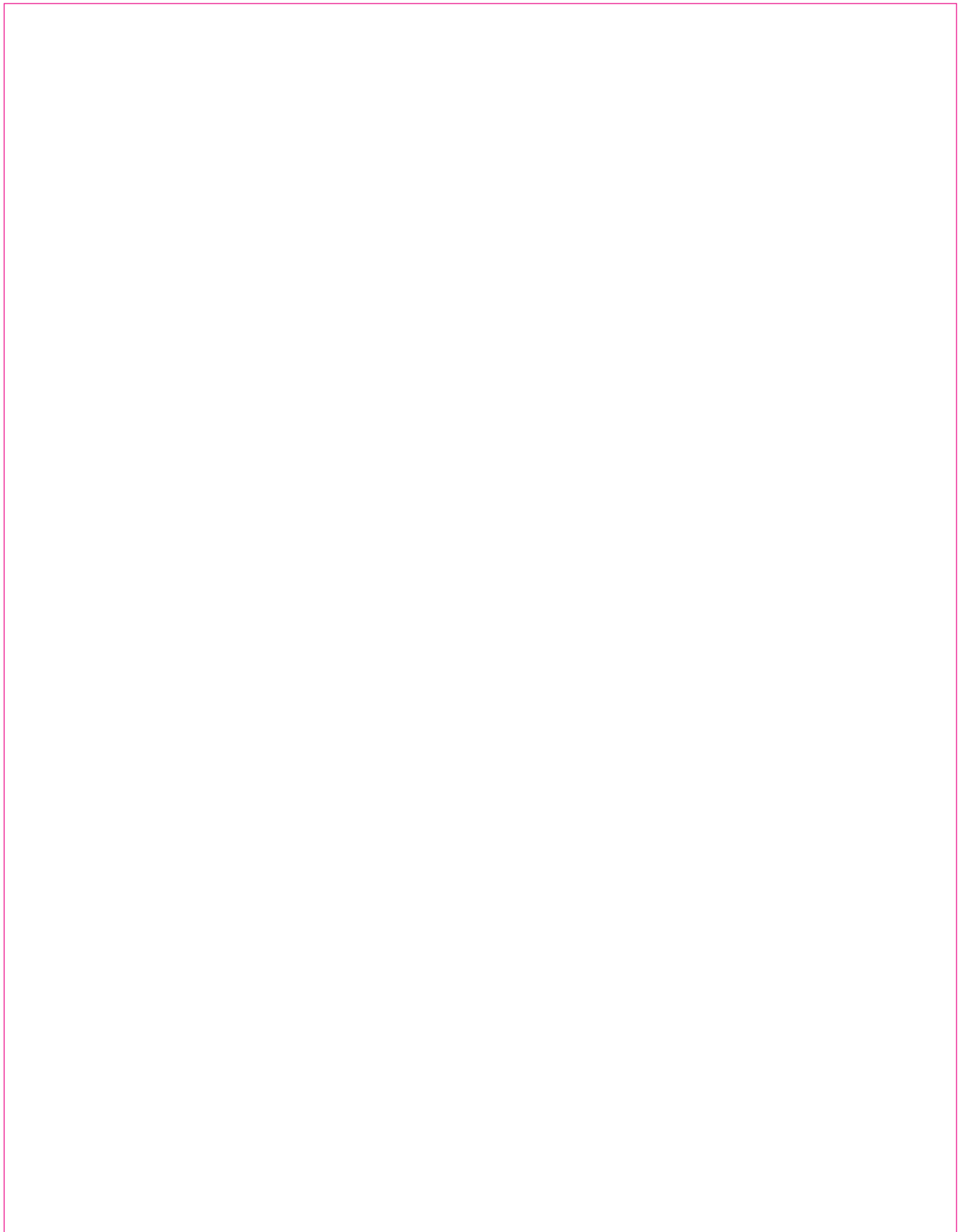
Strategic Influence

Learn how to perform
under pressure,
make compelling
recommendations,
and leverage
your influence

September, October and December









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

Self Leadership

Power of Purpose

Active Listening

Navigating Difficult Situations

Critical Thinking & Questioning

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

Priority Setting & Focus

Effective Meeting Moderation

Confidence Under Pressure

Making Compelling Recommendations

Strategic Relationships

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.



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

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

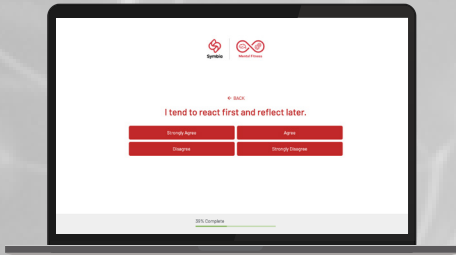
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Powered by Symbia Partners

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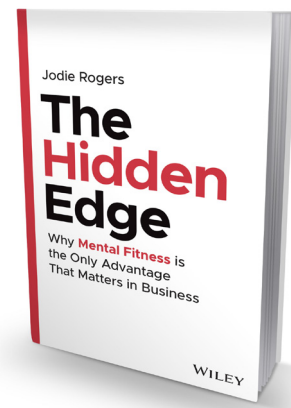
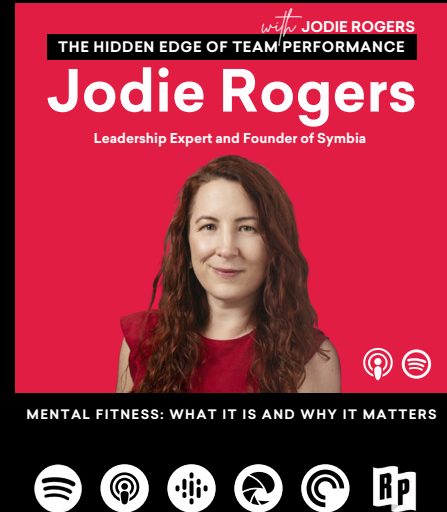
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for inspiring conversations and insights on mental fitness and team effectiveness.



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