

The **EDGE**

Insights book

Staying on The EDGE Checklist

- ☐ Complete the benchmark survey
- ☐ Accept all EDGE invites in my diary
- ☐ Mental Fitness course completed
- ☐ 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

Sleep time

Date:

/10

Date:

/10

Date:

/10

Giving the brain rest and recovery

Focus time

/10

/10

/10

Setting goals and dealing with challenges

Physical time

/10

/10

/10

Strengthening the brain's plasticity

Connecting time

/10

/10

/10

Building and developing relationships

Play time

/10

/10

/10

Being creative, enjoying new experiences

Time in

/10

/10

/10

Reflecting and self managing

Down time

/10

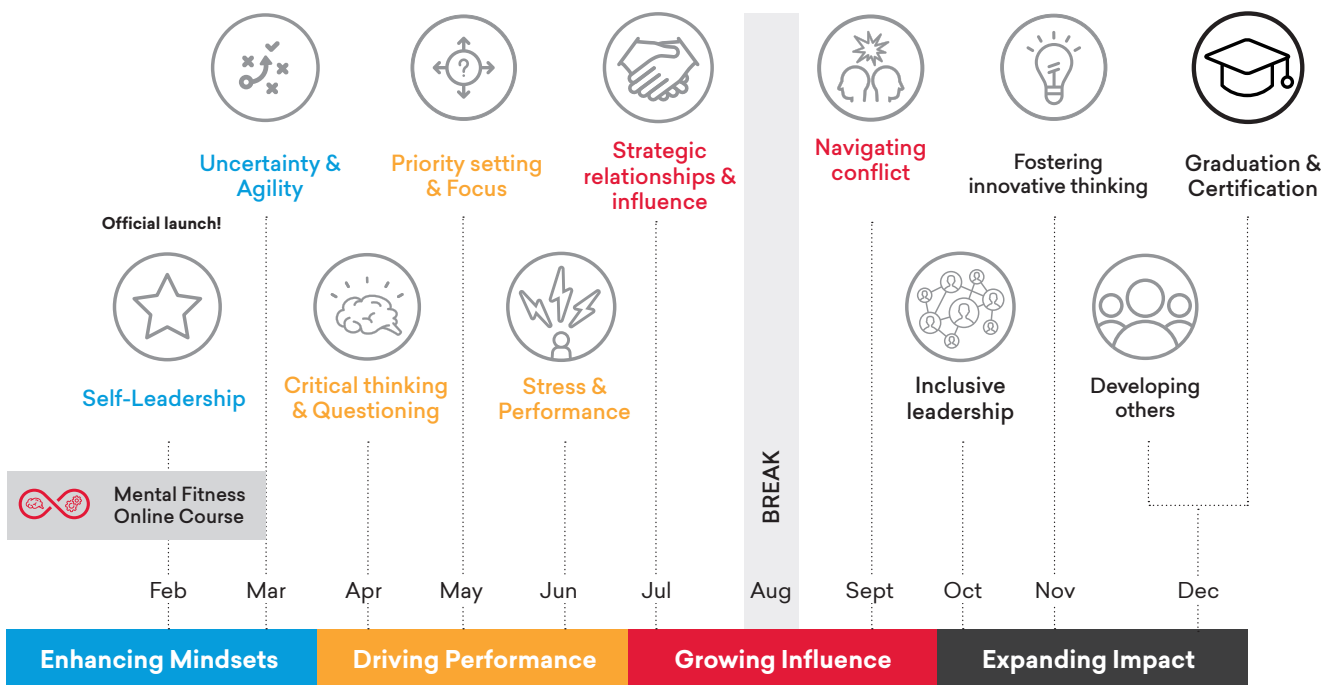
/10

/10

Relaxing and being totally present

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

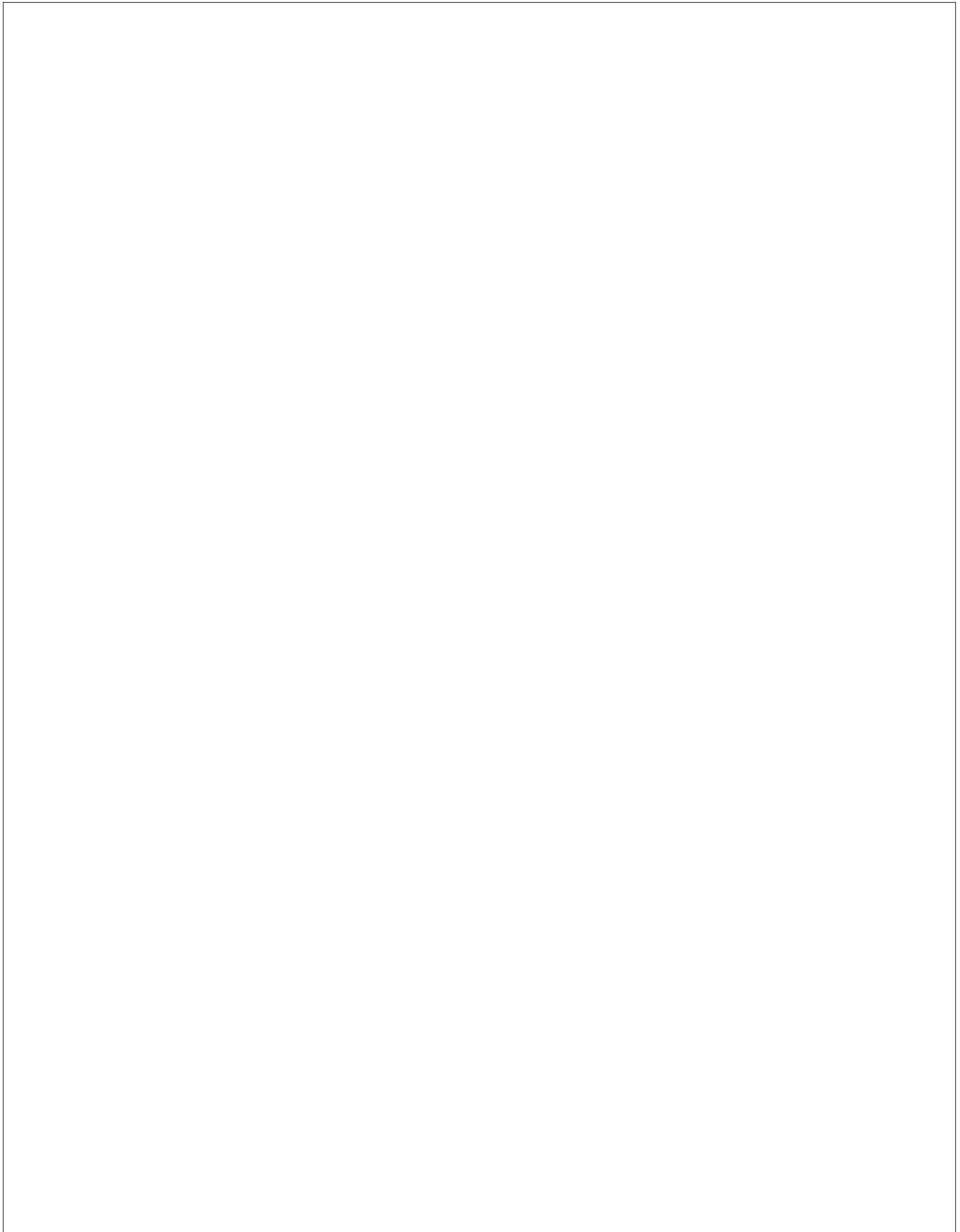
Dare to challenge the status quo, find new solutions, and creatively solve problems



Enhancing Mindsets

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

February and March



“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.”
Unknown



Driving Performance

Understanding the ingredients
for motivation, momentum and
productivity

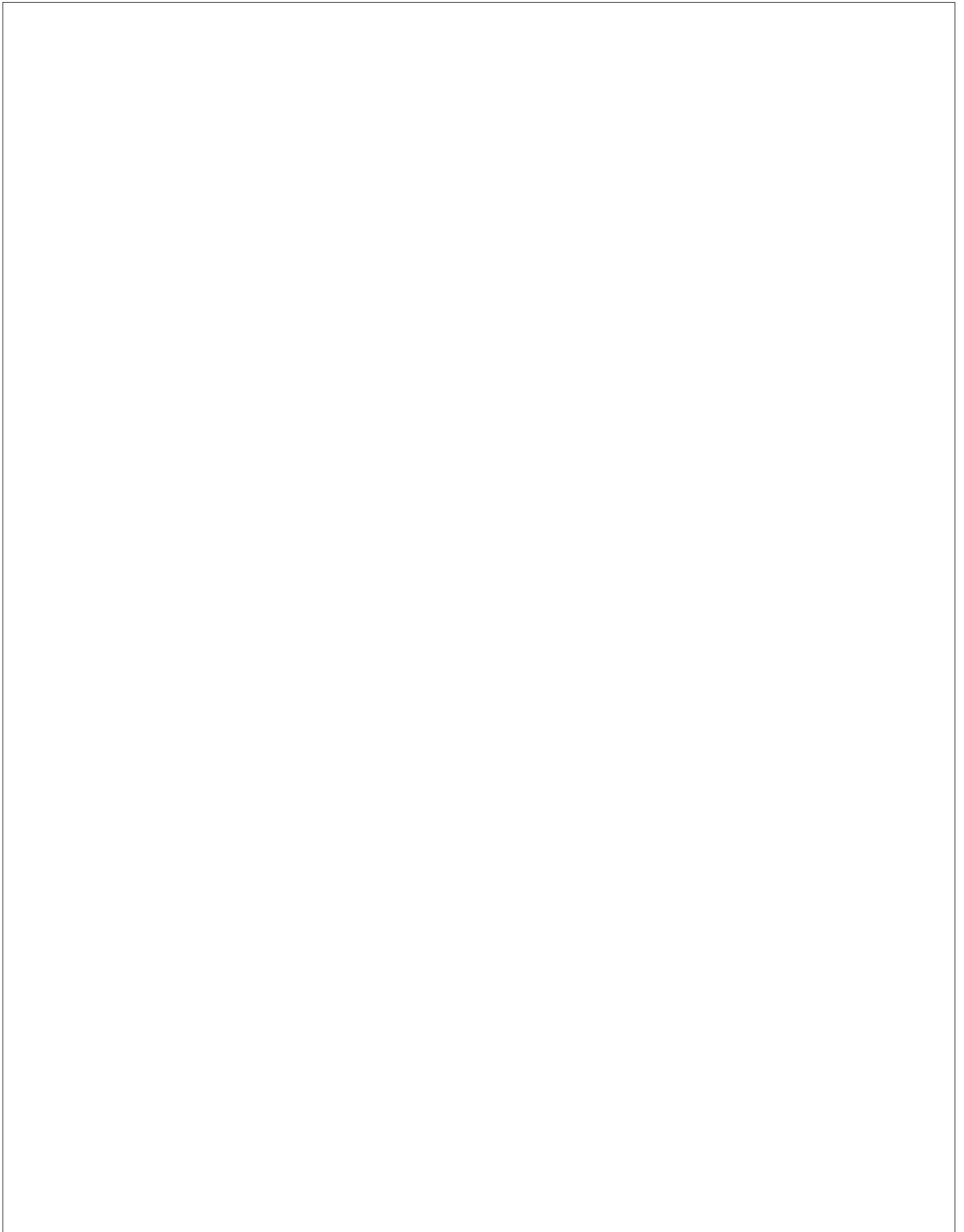
April, May and June

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

A large, empty rectangular box with a thin black border, occupying the central portion of the page. It is intended for users to take notes or draw during the session.

“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."

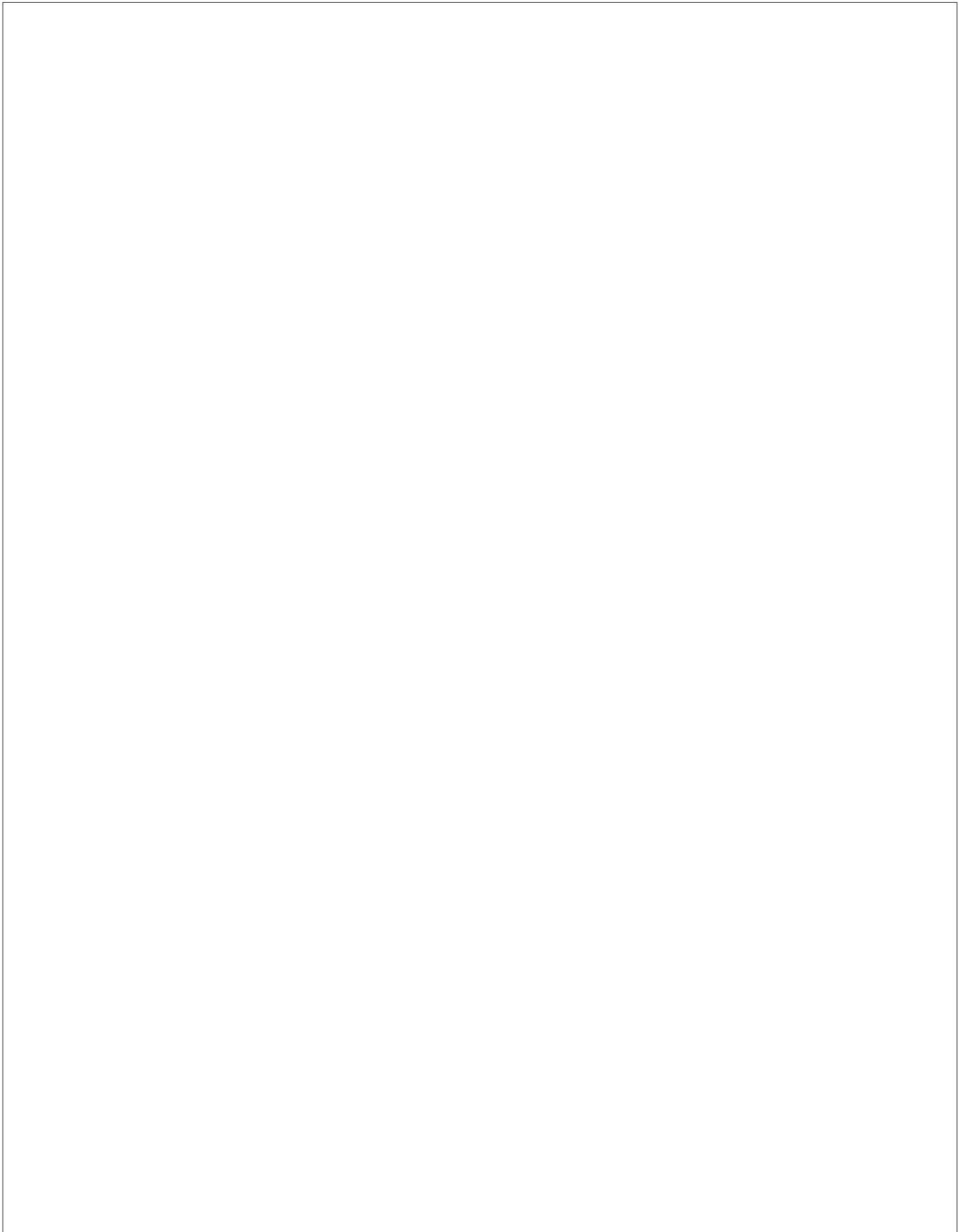
Hans Selye



Growing influence

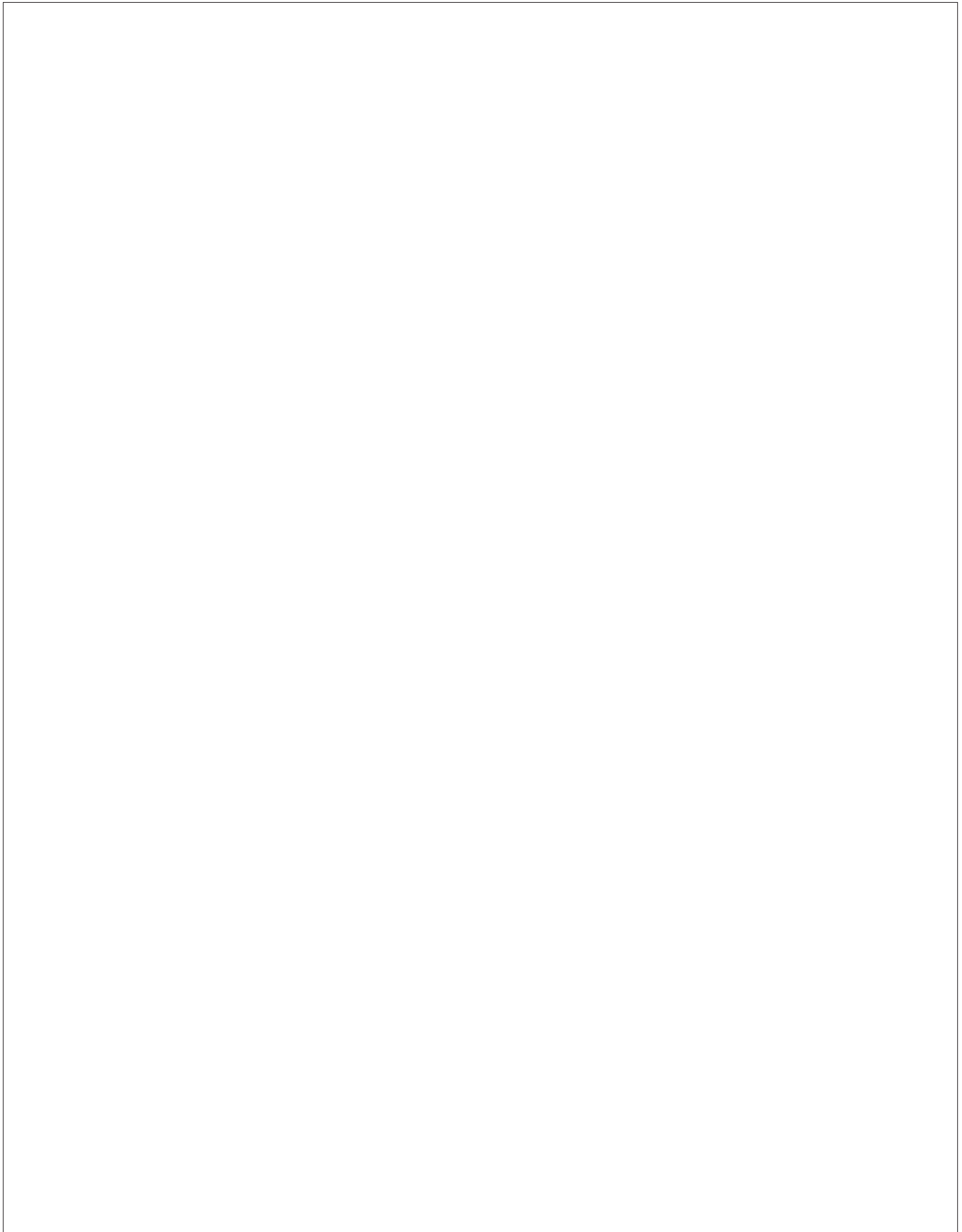
Moving from building
relationships to strategically
influencing outcomes and
decisions

July and September



*"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”

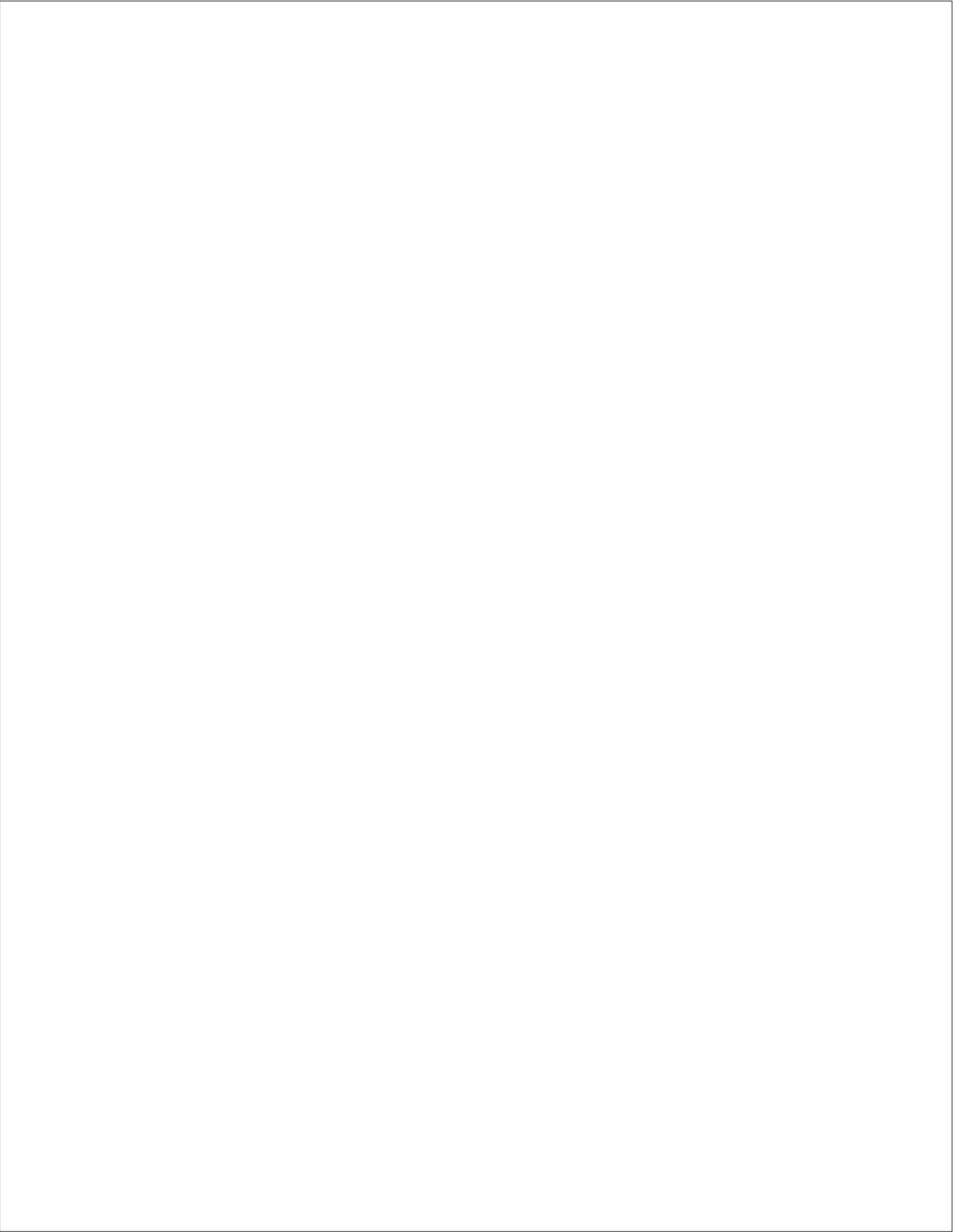
Ralph Waldo Emerson



Expanding Impact

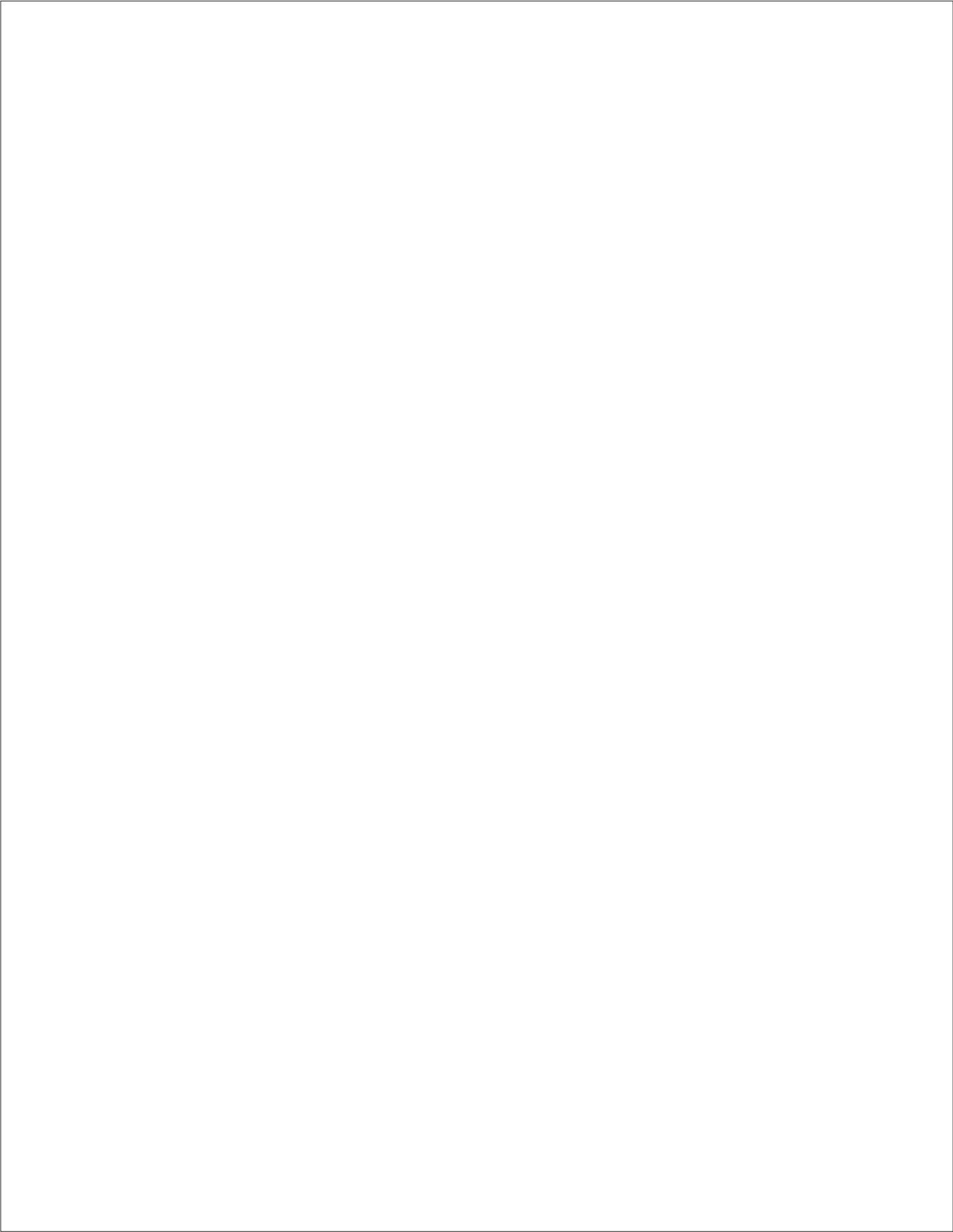
Enhancing our presence and
impact in the business

October, November and December



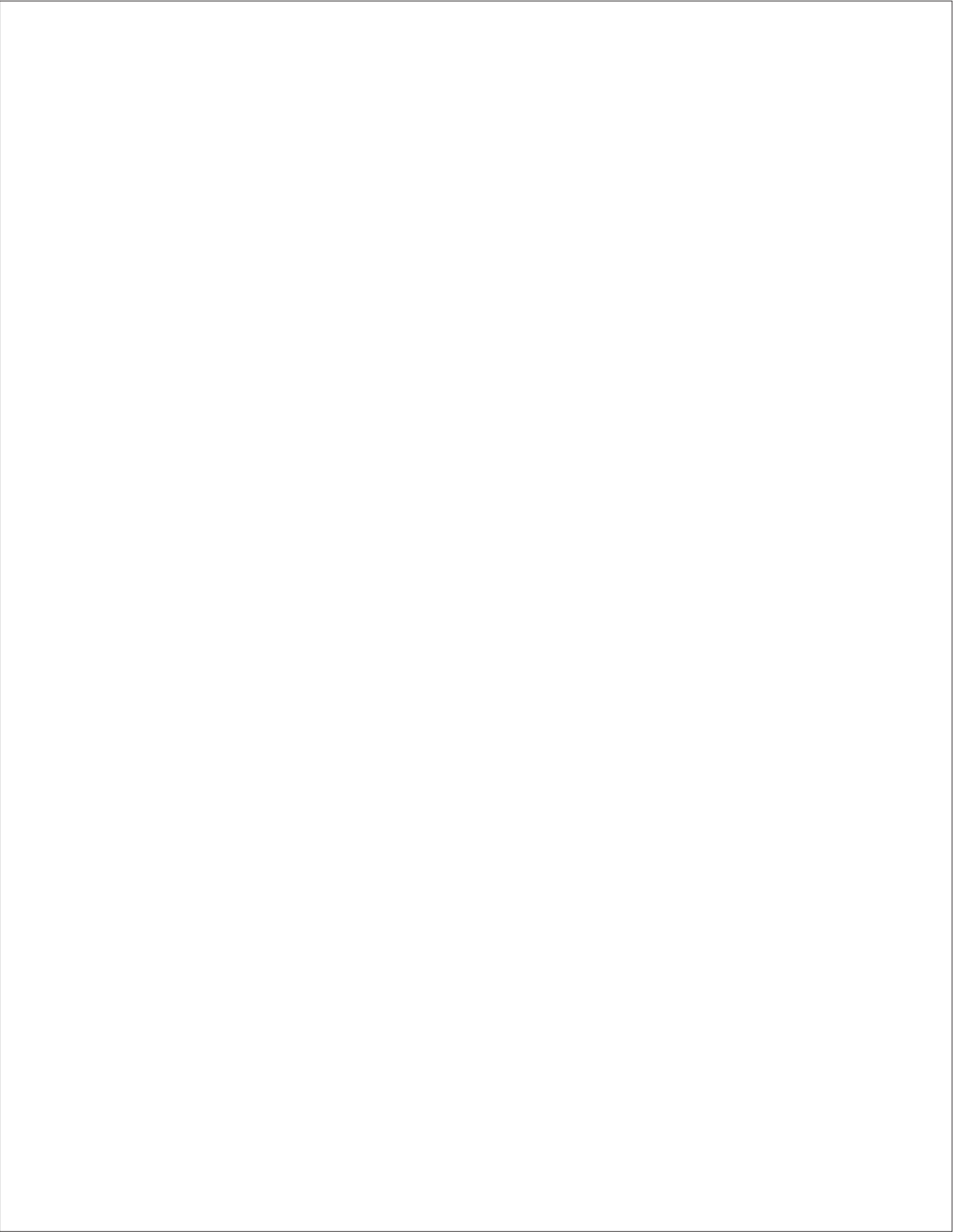
“Inclusive leadership is not a destination. It’s a journey that requires humility, curiosity and courage.”

Thais Compoint



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

Gyan Nagpal



“It is only as we develop others that we permanently succeed”
Harvey S. Firestone

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

Fostering innovative thinking

Developing others

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

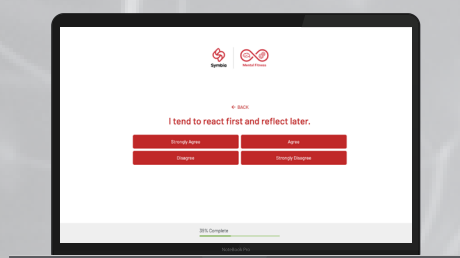
Through our bespoke learning sessions, leadership & team workshops, and virtual programs.



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

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



Listen and
subscribe

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



Subscribe

to our Symbia
newsletter [here](#)

Follow us on



Linkedin

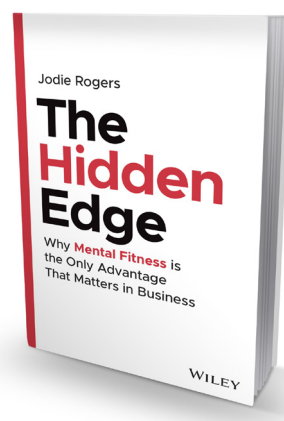


Facebook

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

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:**

team@symbiapartners.com
symbiapartners.com

The **EDGE**

Powered by Symbia Partners