

The **EDGE**


Programme detail

January - December 2023



The Institute of Leadership and Management has recognised **The EDGE** 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 *MinstLM* credentials.

**To receive this certification, participants are required to attend 80% of the live webinars.*



**How do you
cultivate the
mindsets, skills and
capabilities
required for the
rapidly-changing
future while
continuing to lead
your business?**



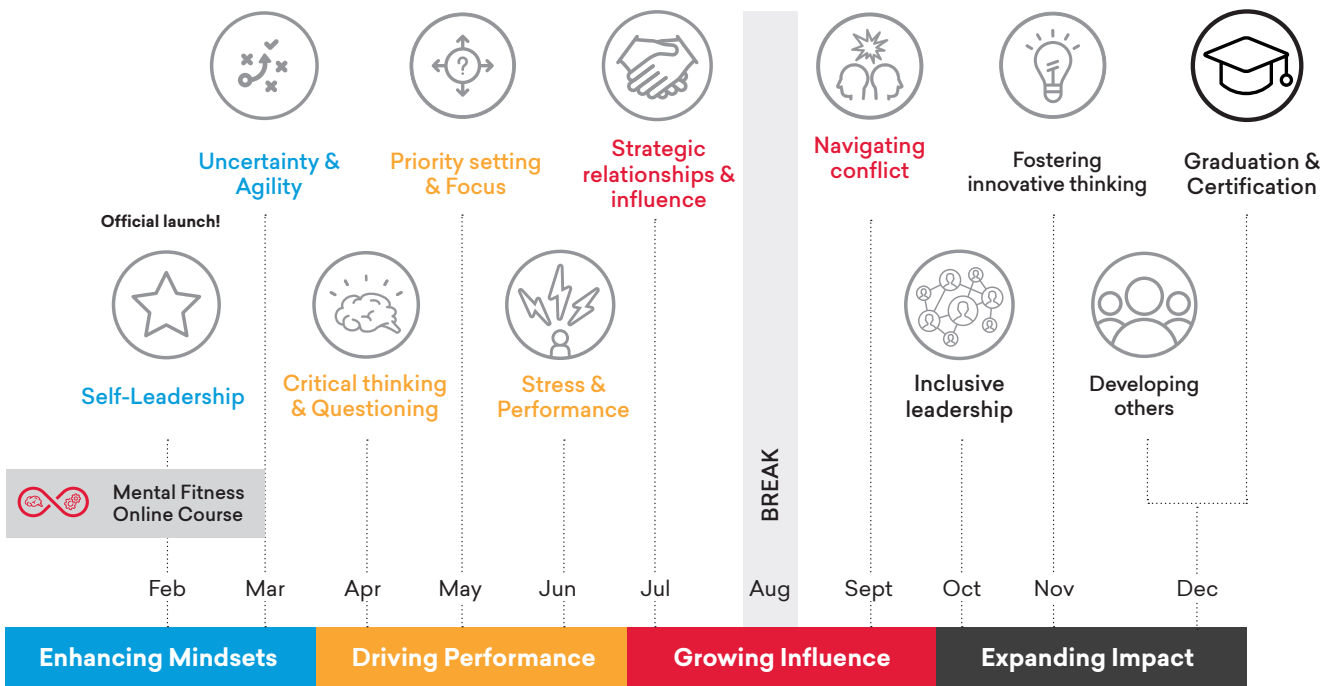
The **EDGE**



A done-for-you learning journey built around your team's busy schedule that drives behaviour change and improves motivation, performance and impact.



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

The EDGE development programme



A 'done for you' solution focused on mindset, agility, influence and impact



Delivered via monthly interactive and action-focused live webinar sessions



A community model where your people expand their network & learn from others



A license-based, scalable solution for your organisations' needs and budget



High-impact and cost effective, with no need for time out of the office



Improved engagement, retention and performance, across your workforce

The EDGE sharpens Teams & Leaders

Continuous Development

Unlike one-and-done solutions that lose impact over time, The Edge offers ongoing guidance and access to a community of coaches and experts.

Measurable Gains

Practice makes perfect, not theory. The EDGE delivers hands-on training that will increase your team's impact within the first 4 weeks.

Designed for Impact

Intentionally curated by experts to include the core skill sets needed for any emerging leader to thrive in 2022.

Benefits for leaders

- **2-5 hours of time back** per week due to fewer requests for 1 to 1's
- A more **independent, influential** team who need support only on the big stuff
- **Focused** people who manage themselves and their time, bringing you decisions rather than open questions
- Creative **problem solvers** who can reframe setbacks into opportunities to always move their projects forward
- A team that is more **productive and self-regulating** under pressure
- **Peace of mind** that your team are getting the support to become better business leaders



Benefits for teams

- Precise understanding of where they need and want to 'step up' and of how to deflect internal resistance to their growth
- Clarity on where to focus energy and resources especially during times of heightened pressure and stress
- Advanced interpersonal skills for greater effectiveness in achieving their agenda
- Increased impact in the business
- Heightened adaptability and confidence in the face of change, challenge and uncertainty
- Accountability for their progress on actively enhancing and improving their performance



Who is it for?

Managers and Executives

mid level managers who want to take their leadership to the next level

Marketers

who want to expand their influence and impact through the business

Support Functions

who want to enhance their business partnering skills and learn to lead

L&D and HR Professionals

who want to be at the forefront of leadership development





Enhancing Mindsets

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

February and March



Enhancing Mindsets

Mindsets and behaviours are fundamental to cultivating agility. It's essential participants enhance their self-awareness and learn how to access their inner resources for growth. Skillfully responding to change, challenge and stress takes self leadership and inner confidence - but most of all it takes practice.

Emotional and social intelligence, growth mindset, mental fitness, self leadership, navigating change

February

Self Leadership

Self-leadership is the practice of intentionally influencing your thinking, feeling and actions towards your objective/s. Perception is the gateway between our inner world and our outer world. Fully understanding how you interpret events and situations which happen in your working life will go a long way in helping navigate them with emotional intelligence. In this session uncover the narratives you're overlaying onto life and learn how to rewrite them for enhanced motivation and performance.

March

Uncertainty & Adaptability

Our propensity to manage uncertainty and change has quickly become an essential modern skill. When we are adaptable, we don't deny that reality has changed, we lean into the discomfort and our ability to shift with it enhances. But it's not easy- we teach you how to get more comfortable with the uncomfortable .

When we are resilient, we find ways to persevere, even in the face of challenges, because we have enough belief in ourselves. There are 3 keys to cultivating resilience which we share in this short, sharp but practical session.



Driving Performance

Understanding the ingredients
for motivation, momentum and
productivity

April, May, and June



Driving Performance

Get the focus to cut through the clutter in a world of too many priorities and too much urgency. It's too easy to say 'yes' and be distracted and overloaded by the wrong things. By learning to ask the right questions at the right time, you'll become a true strategic partner to your business. Become adept at recognising and pushing back on non value adding activities freeing you up to focus on what matters. The trick to performance is not doing more, it's working differently and knowing how to manage different stresses to unlock sustainable performance.

April

Critical Thinking & Questioning

Assumptions in business kill clarity. The time we take upfront to fully understand what is being asked of us directly correlates with the impact of the final output.

Learn how to create clarity around a brief, ensuring you ask the right questions to get to the core of the challenge and make people feel understood and supported.

Cultivate the confidence to have discuss and question briefs, projects, strategies in an intelligent way that drives better outcomes.

priorities, pushing back, good stress, sustainable performance, critical thinking

May

Priority Setting & Focus

With ever increasing demands vying for our attention, it is becoming more essential to proactively manage our focus.

Using the 'Question Matrix' and 'Workload Mapping' tool learn how to focus on what matters and practice negotiating key outcomes (speed/quality/depth) to create clarity and unlock productivity while avoiding the busy trap.

June

Stress & Performance

Understanding your relationship to stress is a large part of unlocking sustainable performance

A hands-on session that teaches how to reframe your relationship with stress, recognise that stress can also be leveraged for good. Get the chance to practice the same tools used in the marines to effectively manage peak situations enabling you to stay focused.



Growing influence

Moving from building
relationships to strategically
influencing outcomes and
decisions

July and September



Growing Influence

How you show up in the business is rooted in both your communication style and the quality of your relationships.

Build meaningful connections and leverage relationships to break down silos and intelligently influence outcomes. Learn to think strategically and intentionally about your partnerships. Building meaningful relationships through trust and dialogue expands both your network and collaboration capacity.

Embrace the critical conversations that matter, by learning and practicing how to listen for understanding and skillfully navigate tension and conflict.

active listening, persuasion, collaboration, strategic relationships, influence, presence, meaningful connections, conflict management

July

Strategic relationships & influence

Whilst many relationships happen organically, at a certain point it becomes important to think strategically about how and where you should be investing in your business relationships.

But knowing the right people and having deep enough relationships with them can be the difference between success and failure. develop a professional relationships strategy showing you where and how to build stronger relationships with the people that matter.

September

Navigating Conflict

Conflict in the workplace is unavoidable. But the ability to recognize and understand the nature of conflict, how to address it and then bring a resolution will serve you well as a team member and leader.

Learn how to deal with and diffuse tension in the room, tune-in with empathy and communicate to an effective resolution.



Expanding Impact

Enhancing our presence and
impact in the business

October, November, and December



Expanding Impact

Expanding your presence requires the next level of skill development. Enhance your cultural intelligence and unlock the benefits of a diverse team through the 'inclusive lens' of leadership.

To drive impact we need to enhance the creative thinking, problem solving and decision making capabilities of ourselves and others. Practice how to develop others through the coaching relationship. Learn how to explore and manage new business ideas and pivot your existing 'innovation thinking'

talent catalyst, leadership, culture diversity, inclusion effective decision making, creative problem solving, innovation, coaching, mentoring

November

Innovative thinking

Expand your thinking beyond defaulting to brainstorming solutions and instead learn to question, fully define and 'sweat' the problem. This technique can lead you to much more creative (and often faster or cheaper) solutions.

Use our simple 4-step technique to easily reframe your challenges before taking action. Thus, generating many more possibilities forward than originally thought.

October

Inclusive Leadership

Sameness thinking and doing things the way they have always been done are no longer an option. Instead, there is a need to utilize different thinking and multiple perspectives to innovate and create better business results. Understand the power of opposites and mitigate unconscious bias while effectively driving outcomes through cultural intelligence and diversity thinking.

December

Developing others

Stepping into leadership is as much about how you develop others as it is about developing yourself. Learn the essential skills for coaching your team to the next level. Practice how to give and receive feedback in a constructive and emotionally intelligent way. Regardless of whether you have direct line reports, these skills are essential for growth.

Meet the trainers



Aldo Kane
Former Royal Marines
Commando Sniper



Tendayi Viki
Innovation
consultant



Jodie Rogers
Leadership & Mental
Fitness expert



Dr. David Wilkinson
Ambiguity and
Uncertainty Expert



Des Cristophi
Executive coach &
facilitator



Bobby Bovell
Inclusive leadership
consultant



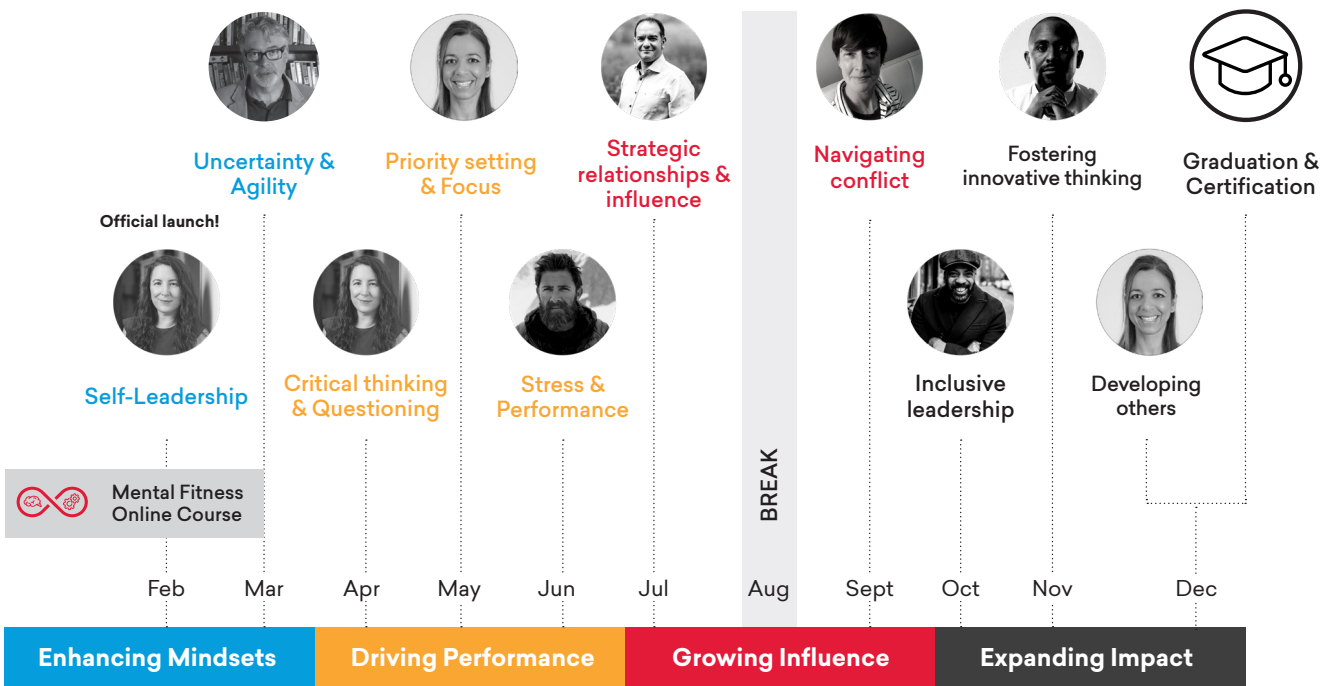
Nicky Perfect
Former hostage
negotiator &
communications trainer



Andy Lopata
Professional
Relationship strategist



The EDGE development programme



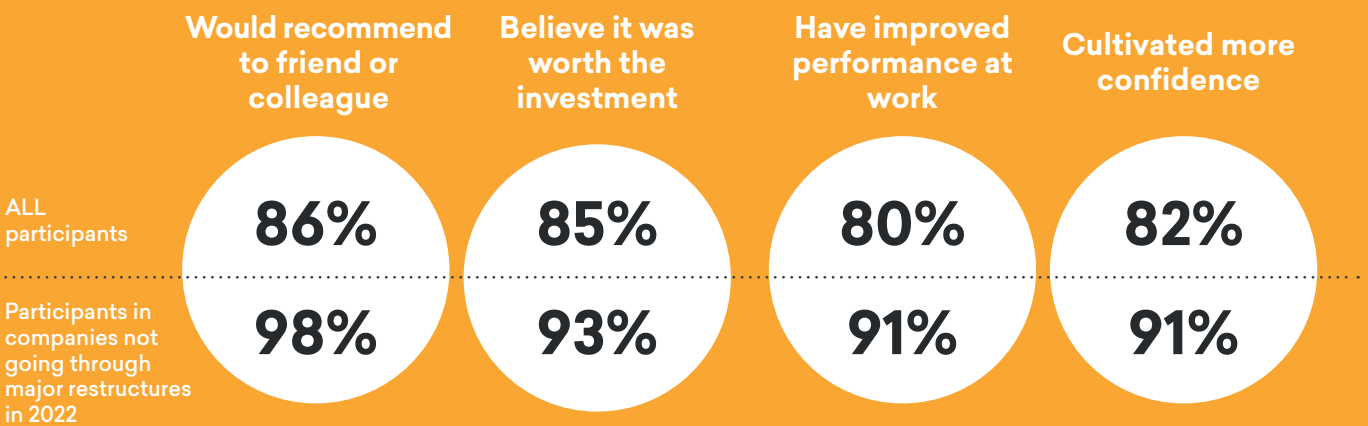
*10 sessions spread over the year

Measurable impact

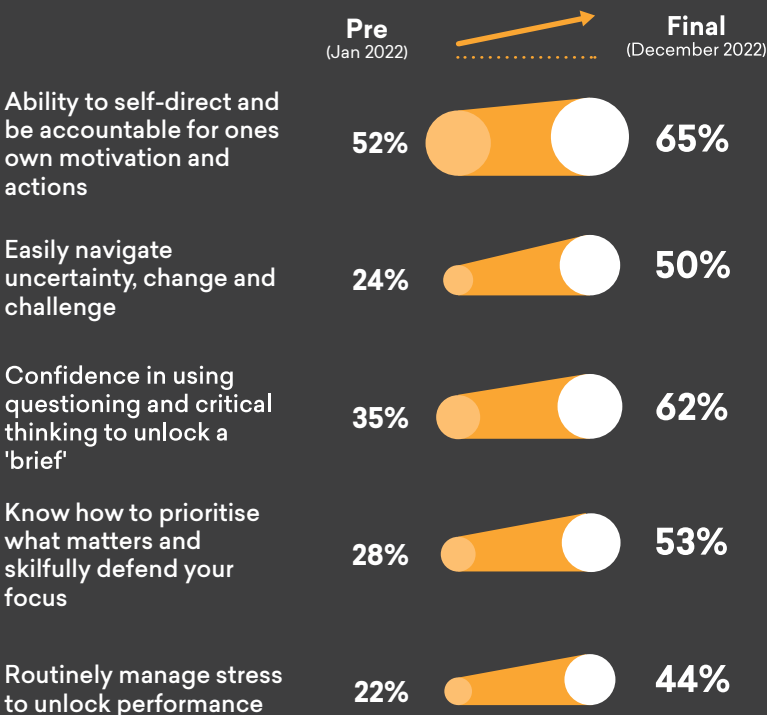
Protect Your People and Your Investment through Measurable Results

Our Symbia differentiator is measurable outputs in development, engagement, and productivity. Through pre and post workshop surveys, as well as with participation check-ins throughout, we will be measuring progress and protecting your investment. Nothing for us is ever “one and done”. You will receive a quarterly update on your team’s performance so you will always know how your team is developing through the programme.

12 month development programme results



Results from The EDGE 2022



Participant functions

Marketing - Communications
 - **Legal** - HR - **Insights** -
 Media - **Supply Chain** - R&D
 - **Engineering** - IT - **Sales**
 - Operations - **Field Services** -
 Logistics

7 companies



Participants said:

I enjoy the EDGE program. **I love that everyone shows up, focused and motivated to participate fully.** I am always multi-tasking, so it is **great to have the support to stop everything for 2 hours and work on growth for myself.**

I like the phasing of the training and the toolkits and the fact that there are different speakers, and monthly reasonably short sessions of learning.

Full of energy and very motivating!

The courses are imaginative and engaging and they have definitely changed my perspective on a lot of ways that I work.

I find this is quite a good approach compared with, for example a day-long session for each topic. I have found that I am discussing some of the ideas in the sessions with my team and also my manager in 1-2-1's which i haven't noticed i do in previous courses.

I LOVE this program. **The perspective, tools and practice I've learned from the sessions and the pre-work have massively helped me and are likely partially responsible for preventing from already leaving my organization.** The pre-work was FANTASTIC! It was valuable, bite-sized, packed with provocations and insights. It was probably some of the best pre-work I've experienced in my professional career (17 years long). **I look forward to every!!**

I feel grateful for this opportunity, **I wish many people around me would have the same chance to stop and develop these valuable skills and behaviors.** I think it is a training that had a direct and deep impact on me.

The programme is professional, well-structured and packed with practical guidance that we can implement straight away

I really love it, makes me reflect on myself and gives me practical tips to implement I just wish it was not just once a month but more frequent. Being on this while going through a reorg has been so helpful.

"The energy you guys have is very contagious!"

I've enjoyed the variety of topics & different speakers. It's been good to meet people from different companies and countries.



About Jodie



Jodie Rogers
Leadership & Mental
Fitness expert

For nearly 20 years it's been Jodie's business to understand what makes people tick, and to use that learning to help them be more engaged, feel more empowered and so become more productive for the business they're in.

As a **human behaviour consultant, skills trainer, and facilitator** with a background in **psychology and interpersonal communications**. Jodie founded her company Symbia with a specific focus of helping **leaders build dynamic teams of emotionally and socially intelligent individuals** who are pro-active problem solvers, resilient in the face of change. With her team, Jodie works closely with global corporates empowering them with the insight and courage to drive business results and **unlock the importance 'Mental Fitness' as a catalyst for growth.**

Jodie is Author of #1 Amazon best seller 'The Hidden Edge – why mental fitness is the only advantage that matters in business' the core insights of which inspired the game changing leadership development programme 'The EDGE'.



Dr. David Wilkinson
Ambiguity and
Uncertainty Expert

Editor-in-Chief of the Oxford Review, Dr. Wilkinson lectures, researches, and writes about the psychology of ambiguity, uncertainty and emotion regulation. He is a teacher at University of Oxford, along with 3 others in the UK and had taught at Universities in 23 different countries.

He was Head of Evaluation at National Police Training. He has served in the UK military & Police and was the lead facilitator on the Cranfield Disaster Management Programme and for the Kent Disaster Preparedness Division. He has worked with many organisations including Schrodgers, Royal Mail, Aimia, Hyundai, The RAF, The Pentagon, the governments of the UK, US, Saudi, Oman and the Yemen helping them navigate uncertainty and ambiguity. He is the author of *The Ambiguity Advanatage: What great leaders are great at.*

For the last 20 years, Des has been an executive coach, leadership facilitator and consultant, using her in-depth insight and experience of mindset and human behaviour to work with people to be at the top of their game and accelerate impact and growth for themselves, their business, their customers, partners and communities.

Des has worked across various industries including; FMCG, Financial Services, Pharmaceutical, Multi-media, Energy, Technology, Science, Automotive, Defence, Construction, Not for Profit and Charity across the Far East, Australia, US, Middle East and Europe.

She is a certified CTI coach certified by the International Coaching Federation, a certified Team Coach with the AoEC and accredited in the Dr Harry Schroder Behavioural Model. She is a certified Neuro Linguistic Programming coach and accredited in a number of psychometrics and tools including; MBTI, SDI, Talent Q, WAVE, Individual and Team Strengthscope, GCIndex and techniques such as Transactional Analysis, Systemic Coaching, constellations and Gestalt.



Des Cristophi
Executive coach &
facilitator



Aldo Kane
Former Royal Marines
Commando Sniper

Aldo is a World Record Setting adventurer, extreme, remote & hostile locations expert and former Royal Marines Commando Sniper. Functional fitness has been a touchstone in my life, allowing me to pass the hardest infantry training in the world at the age of 16. Having completed 13 world first expeditions from the high seas of the Atlantic to the jungles of South America he understands the co-relation between stress and performance.

Over the last 20 years, he has operated in some of the world's toughest, most extreme environments leading expeditions into erupting volcanoes or deep into cartel held jungles, it requires much more than that. Aldo shares his real life experiences in a humble but applicable way, he recognises the importance of mental fitness in surviving and surpassing the challenging obstacles he's faced in his life.

Andy Lopata is an acclaimed professional relationships strategist, with global clients including Paypal, GlaxoSmithKline and Brother.

He has written five books on networking and professional relationships and has often been quoted in the media, including The Sunday Times, Forbes.com and The Independent. Andy holds the PSAE award – that's the UK's top award designed to recognise excellence in professional speaking. He's a Fellow of the Learning and Performance Institute (LPI), and a Master of the Institute of Sales Management.

He started working in networking in 1999, and spent eight years as Managing Director of a UK networking organisation that had over 2,000 member companies.



Andy Lopata
Professional
Relationship strategist



Nicky Perfect
Former hostage negotiator & communications trainer

With 30yrs at the **Met Police** and the last 10yrs spent as a **hostage and crisis negotiator for Scotland Yard**, Nicky has many stories to tell about the importance of listening. She has travelled the world teaching negotiation and working with Her Majesties Government on international operations (kidnaps, crisis negotiation and suicide intervention). Nicky spent many years as the Director of Training (and was the first female director) of the **National Hostage & Negotiation Police** training unit in the UK. Nicky is on a mission to use her skills as a negotiator to help others improve their communication and ultimately their relationships in work and in life.

Bobby is passionate about the link between diversity, inclusion, creativity, innovation and growth. He served as an ordained minister, metropolitan police constable, business coach and is an award winning recording artist. As a practitioner, with 17 years of experience, he brings insights from his experiences in diverse communities to companies, empowering them to overcome the limiting beliefs in their way.

As a facilitator Bobby uses practical examples to shed light on how business' can become more diverse and he specialises providing a structured understanding of how to implement creativity in business models and products by enhancing inclusivity and diversity. He has done work with the HMS probation service on unconscious bias in the UK and worked with diversity projects and workshops in the technology industry. Bobby is fluent in English and Danish



Bobby Bovell
Inclusive leadership consultant

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



About Symbia

How we're different



Insiders Outside

we understand your challenges, because we used to be you. Our experience working within companies large and small is exactly what led us to become consultants. Because of this **we understand how big organisations and their teams function**. We know the challenges and opportunities that exist for all levels of the business and aren't afraid to ask the hard questions to keep you moving forward.



Practical & Action orientated

we're not here just to inspire and motivate you, we know that magic dust wears off too quickly. Our sessions have to be **highly practical, easily applicable** AND stop you from getting sucked into 'business as usual' on Monday. As such, we embed the thinking into your reality while we are together, and through our 'accountability sessions' we'll keep you and your team focused on the long game.



Measurable impact

we know it's hard to show the ROI for the work you do with your teams, that's why we do it for you. Being able to demonstrate tangible outcomes is as important to us as it is to you. Wherever you're looking to improve - we partner with you to offer measurable data (or outputs) to justify time and investment!

A selection of our trusted clients





About Symbia

Our core team

Our team encompasses an array of competencies beyond professional development, such as qualitative & quantitative market research, human resources, marketing, branding, design, and corporate education for industries including healthcare, tech, telecom, financial services, consumer goods, and non-profit organisations.

We draw from this vast experience to deliver 'beyond the brief' for our clients and their teams.



Ganna Derevyanko
Project
Co-Ordinator



María Piquer
Project
Co-Ordinator



Bradford Goodwin
Marketing
Lead



Amparo Aguado
Graphic
Designer



Jessica Uys
Trainer &
Researcher



Jordan Rodger
Learning
Designer



Wendy Adams
Trainer &
Facilitator



Hannah Benton
Qualitative
Researcher



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

team@symbiapartners.com

