



# 2025 PROGRAM SCHEDULE - THURSDAY

**18 Modules**  
**41 Sessions**  
**44 Weeks**

Time: 8.00 am to 10.30 am  
Commencing: Thursday  
20 February 2025  
Program Presentation:  
Thursday 18 December 2025

Venue:  
Castlereagh Boutique Hotel  
169 Castlereagh Street  
Sydney

Sessions below marked with \*\* will run for 3 hours

PHASES	SESSION	MODULE #	MODULE TITLE	DATE
	1	Program Kick off **		20/2/25
	2 (one-on-one)	BREAK 1 - During this break, <i>set up program goals</i> between participant, manager or coach and program facilitator		
PHASE 1	3	Module 1	Program Foundation **	6/3/25
	4	Module 2	Born Unlimited **	13/3/25
	5	Module 3	About Being Human	20/3/25
	6	Module 4	Wake Up ... Impact of Conditioning and Habits	27/3/25
	7	Module 5	Being Self-Aligned - Part I	3/4/25
	8	Module 5	Being Self-Aligned - Part II	10/4/25
	9 (one-on-one)	BREAK 2 – During this break <i>Reflect, Progress, Feedback</i> between participant, manager or coach and program facilitator		
PHASE 2	10	Module 6	Personality Styles ... Why don't people get me? - Part I **	1/5/25
	11	Module 6	Personality Styles ... Why don't people get me? - Part II	8/5/25
	12	Module 7	Building Emotional Resilience - Part I	15/5/25
	13	Module 7	Building Emotional Resilience - Part II	22/5/25
	14	Module 8	About Spirituality and Energy	29/5/25
	15	Module 9	Goals ... Why don't I always achieve them? - Part I	5/6/25
	16	Module 9	Goals ... Why don't I always achieve them? - Part II	12/6/25
	17	Module 9	Goals ... Why don't I always achieve them? - Part III	19/6/25
	18	Module 10	Managing <i>Fast-Paced</i> Dynamic Change - Part I	26/6/25
	19	Module 10	Managing <i>Fast-Paced</i> Dynamic Change - Part II	3/7/25
20	Module 10	Managing <i>Fast-Paced</i> Dynamic Change - Part III	10/7/25	
	21 (one-on-one)	BREAK 3 – During this break <i>Reflect, Progress, Feedback</i> between participant, manager or coach and program facilitator		
PHASE 3	22	Module 11	Staying Driven and Engaged, Want it ... go get it! - Part I **	7/8/25
	23	Module 11	Staying Driven and Engaged, Want it ... go get it! - Part II	14/8/25
	24	Module 11	Staying Driven and Engaged, Want it ... go get it! - Part III	21/8/25
	25	Module 12	Time ... Where does it go? - Part I	28/8/25
	26	Module 12	Time ... Where does it go? - Part II	4/9/25
	27	Module 13	Powerful Communication - Part I	11/9/25
	28	Module 13	Powerful Communication - Part II	18/9/25
	29	Module 13	Powerful Communication - Part III	25/9/25
30	Module 14	Emotionally Intelligent Decision-Making and Problem-Solving	2/10/25	
	31 (one-on-one)	BREAK 4 – During this break, <i>Reflect, Progress, Feedback</i> between participant, manager or coach and program facilitator		
PHASE 4	32	Module 15	Collaborate then Delegate - Part I **	16/10/25
	33	Module 15	Collaborate then Delegate - Part II	23/10/25
	34	Module 16	Developing <i>Your</i> Leadership and Management Style - Part I	30/10/25
	35	Module 16	Developing <i>Your</i> Leadership and Management Style - Part II	6/11/25
	36	Module 17	Talent Engagement and Managing Performance - Part I	13/11/25
	37	Module 17	Talent Engagement and Managing Performance - Part II	20/11/25
	38	Module 17	Talent Engagement and Managing Performance - Part III	27/11/25
39	Module 18	Coaching High-Performance Teams	4/12/25	
		BREAK 5 – During this break, participants prepare for <i>Program Presentation</i>		
	40	Program Presentations - Reflect, Feedback, Celebrate! **		18/12/25
Post Program	41 (one-on-one)	Post Program review between participant, manager or coach and program facilitator		

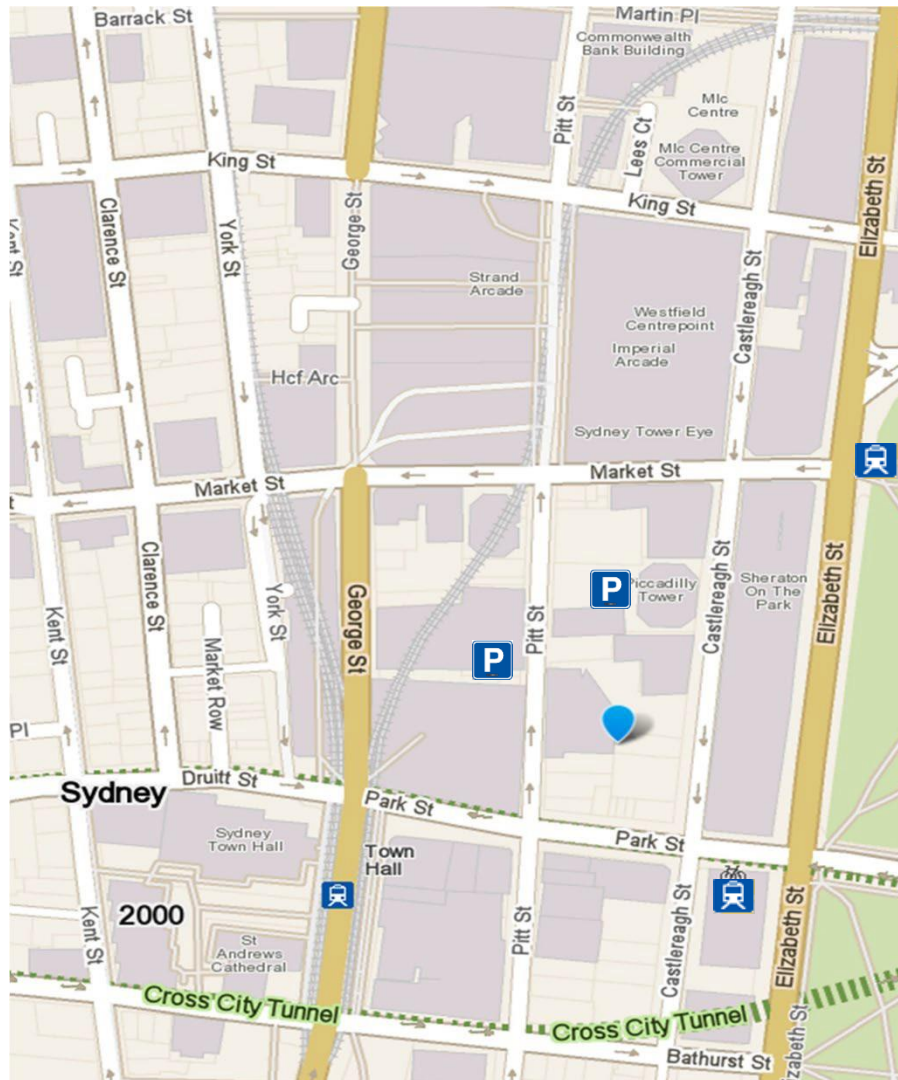
*See venue map overleaf*



# 2025 PROGRAM

February to December 2025

## VENUE MAP



**Venue: Castlereagh Boutique Hotel**

169 Castlereagh Street, Sydney NSW 2000

T: (02) 9284 1006 - Contact: Rita Surio, Administration

**Parking** is available at Piccadilly Centre, 133 Castlereagh Street, Sydney.

The hotel reception will give you a discounted parking ticket when you leave the program session - so, ensure you have your original ticket!