

TRANSFORMATIONAL LEADERSHIP PROGRAM

Step Into Your Next
Level of Influence

CORE PROGRAM OVERVIEW



Foundations of Leadership: Master core principles of influential leadership.



Leadership Paradigms & Decision-Making: Adopt frameworks that empower decisive choices.



Building Meaningful Connections: Strengthen trust and foster engagement.



Understanding People: Apply psychological insights to inspire and motivate.



Overcoming Resistance: Transform challenges into commitment and action.



Leadership in Action: Cultivate sustainable growth and lasting impact.

KEY FEATURES



ONLINE, SELF-PACED

Study on your schedule, with all course materials at your fingertips.



AI TUTOR SUPPORT

Personalized guidance to enrich your learning journey.



LEADERS & MANAGERS

Perfect for executives, managers, and rising leaders ready to transform their approach to leadership.



RESEARCH-BASED

Based on scientific leadership principles.



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W: www.thechange gym.com

APPLICATIONS

- Leadership Development
- Cultural Change
- Structural Change
- Strategic Change
- Employee Engagement Initiatives
- Communication Strategy Enhancements

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ABOUT

Dr Steve Barlow runs The Change Gym programs. Steve has a PhD in change readiness and has taught change readiness and change management programs at the Masters level at UTAS.

He is a member of the Change Management Institute and a Fellow of the Institute of Manager and Leaders.

What You'll Gain:

- **3 hours of coaching with Dr Steve Barlow, including a 30-minute initial planning session.** Online or by phone.
- **Effective Decision-Making:** Learn practical frameworks to solve complex problems.
- **Team Engagement Skills:** Cultivate trust and inspire collaboration.
- **Clear Communication:** Improve conflict resolution and active listening.
- **Overcome resistance** and drive successful transitions.
- **Sustainable Leadership Strategies:** Build a legacy of long-term success.
- **Resilience and Confidence:** Develop a growth mindset to face challenges.
- **Real-World Practice:** Gain hands-on experience through interactive role plays and case studies.

PROBLEMS

- **Our team struggles to stay engaged.** They seem disconnected, and motivation isn't where it should be.
- **Our people resist whenever change is introduced.** Instead of embracing new ideas, people push back, making progress difficult.
- **We find decision-making very difficult.** In critical situations, we second-guess our decisions, unsure if we're making the right call.
- **There is too much friction between team members.** Conflicts slow us down instead of helping us work better together.
- **Our leaders doubt their leadership abilities.** We want to lead with confidence, but we find ourselves questioning our decisions.
- **We haven't planned for future leadership.** There's no clear path for developing the next generation of leaders in the organisation.



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LEARNER JOURNEY THROUGH YOUR COURSE

1. **Enrolment and Onboarding:** Begin by enrolling in the course of your choice. Upon signing up, you'll receive a New User Welcome email containing all the access instructions you need to get started.
2. **Personalised Kick-Off:** Soon after, you'll receive a Welcome to Course email with a link to book your 30-minute online Planning Session. This session helps set your learning goals and ensures a clear path forward.
3. **Planning Session:** In this one-on-one session, a dedicated coach will work with you to customise your journey based on your needs and aspirations, giving structure to your engagement with the course material.
4. **Self-Paced Progression:** Work through the course content at your own pace, allowing time for reflection, application, and connection to your personal change goals.
5. **Interactive Coaching:** When you're ready, schedule and conduct two 50-minute coaching sessions. These sessions deepen your insights, address challenges, and help sustain momentum.
6. **Final Integration Session:** After completing all course lessons, book and complete your third 50-minute coaching session. This session helps consolidate your learning and prepares you for long-term application.
7. **Course Access Duration:** You will have access to the course content for 90 days from the date of enrolment. This timeframe gives you the flexibility to engage with the material and revisit key lessons as needed.