

A person with a red backpack stands on a rocky mountain peak, looking out over a vast valley with green hills and distant mountains under a cloudy sky.

# Altitude Training

A guided journey to elevate your leadership. With over 50 training sessions, Altitude Training gives you practical tools each week to elevate your leadership in 30 minutes or less

## What is ALTITUDE TRAINING?

The best leaders in the world lead themselves to higher levels by calibrating support and challenge to themselves and their teams. We call them 100X Leaders – leaders who are moving towards 100% health and who have learned how to multiply what they know into the lives of those they lead.

To explain this, we use the metaphor of a Sherpa on Mt. Everest. The Sherpa people have a genetic predisposition to higher altitudes which means they can climb higher and longer than normal climbers. They actually have the ability to lead themselves and others up the mountain.

This is what defines a leader — doing their work while helping others do theirs for the benefit of all.

### What You'll Receive:

This intentional 12-month process is designed to help you be the best leader you can be in each circle of influence in your life. Here's how...

\*Access to weekly 15-20 minute video training focused on learning & practical tools.

\*A weekly 100 Exercise focused on helping you improve your own personal leadership.

\*A weekly X Challenge focused on helping you take what you have learned and impact others immediately.

\*Every other week one-hour core group sessions aimed at deepening understanding & application while providing accountability on the journey.

Altitude Training is a weekly learning system mixed with practical tools to help you achieve higher levels of performance, self-awareness, and practical solutions to the real world issues you face.

### The Benefits:

\*Actively invest in your own growth to become the best leader you can be.

\*Systematic, proven process for developing toward optimal health & high-performance.

\*Real-world & immediate application of what you are learning each week.

\*Regular connection & support from certified GiANT Guide to walk through the process with you.

1

### Simple

Simple, lightweight coaching program with step-by-step instructions

2

### Growth

A year long, powerful growth journey to benefit themselves and their team

3

### Tools

A set of 50+ new tools, content, and exercises they can use to lead their teams.

4

### Scalable

Scalable, imitable system for training and equipping all of the leaders in their org.

5

### Data-driven

Data and statistics on who is engaging with the training and who is not