RETHINKING CHANGE:
A DEVELOPMENTAL SPRINT® EXPERIENCE

LAUNCH DATE: THURS. FEB 15, 2024 - 12:30 PM - 3:30 PM CT
CLOSING DATE: THURS. MAR 14, 2024 - 12:30 PM - 1:30 PM CT

The New Humanity begins with Us

The Developmental Sprint® is a new approach to making lasting personal change centered around the acclaimed Immunity to Change™(ITC) methodology. Using ITC alongside the agile concepts of planning, executing and evaluating in short bursts, the Sprint™ opens up a way of thinking about our thinking and our resulting behavior. In short, the Sprint™ opens up an opportunity for us to learn a new way of thinking which leads to sustainable self-improvement.

The Launch workshop focuses on creating an ITC Map. The participants will be placed in breakout groups to work together during and after the launch workshop. In the weeks to follow, participants will meet with their groups to check-in on progress. As part of the course, coaching sessions with the instructor will be available during the weeks leading up to the Closing workshop. At the Closing workshop participants will share what they experienced and whether their thinking has shifted as a result of becoming more aware of what may be driving their actions.

"I did not think we would find out exactly why I'm immune to change. It just got very personal very quick, but it has been revelatory for me."
-- Brené Brown on her Dare to Lead podcast after having experienced the Immunity to Change™ process

In partnership with

THE DEVELOPMENTAL EDGE
PEOPLE. CULTURE. RESULTS.

ACCELERATED GROWTH

WK 1   WK 2   WK 3   WK 4

4-WEEK SPRINT (8.5 HRS)

Week 1 - Launch Workshop - 3.5-hrs

Weekly Activities:

- Real-time Experiments
- 1-hr peer coaching meetings
- 30-minute one-on-one coaching sessions with instructors (optional)

Week 4 -Closing Workshop - 1-hrs