



Live & Lead by Design

Why This Program?

As a leader, you carry immense responsibility.

But what if success comes at a cost?

This program helps you realign your leadership with your unique design so you can truly flourish in every area of life.

Live with Intention | Lead with Purpose | Leave a Legacy

You become a leader who:

- Leads with Self-Awareness: Be confident in your unique strengths and values.
- Leads with Integration: Let your business, family, and life flow as one.
- Leads with Purpose: Find clarity and conviction that inspires others.
- Leads with Resilience: Navigate stress and setbacks with grace.
- Leads with Multiplication: Empower others and create a legacy that outlasts you.

What You Can Expect

- Clarity: Know your purpose. Lead by design.
- Confidence: Make peaceful, aligned decisions.
- Community: Walk alongside other leaders.
- Capacity: Thrive. Don't burn out.
- Contribution: Build a legacy that lasts.

Why join now

This is more than leadership training, it's a life and legacy transformation.

You will emerge with new tools and as a leader worth following.

Next Steps



Join Informational call - [Link](#)



www.liveandlead.life



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STRUCTURE OUTLINE

The Structure

The program is designed as a multi-year transformational journey centered on community and deep relational connection.

Cohort Model: A co-ed group of 8-12 leaders is central to the program. The primary goal is to combat the isolation leaders feel by creating a community they can rely on, rather than depending on a single "wise sage."

Two Cohort Types:

- Business Owner/Visionary Cohort
- Business Leader (Non-Owner)

Commitment: A 12-month initial commitment, with the program designed to extend to 24 months.

Workshops: Four quarterly, full-day (8-hour) immersive sessions per year. Each session is structured into a "morning workshop" and an "afternoon workshop."

Content: The program includes 8 mini-workshops covering topics such as behavior profiling, relationships, emotions, planning, and discipline. Content is supported by 4-8 impactful books, and subject matter experts are brought in for specific workshops.

Monthly Zoom Calls: Between each all-day session, there will be two one-hour mini-sessions via Zoom where the group will connect and refine the concepts taught, as well as learn new tips and tricks.

Breakout Groups: Participants are placed in smaller groups of three for weekly one-hour check-in calls. This is a critical component of the program as it fosters a deeper intimacy, trust, and peer support.

Two-Year Format

Year 1 Session 1	Who Are You? Understanding Your Personality and Behavior Patterns	Do You Feel That? Giving Yourself Permission to Feel
Year 1 Session 2	What Are Your Gifts? Understanding Your Unique Gifts and Talents	How Should I Respond? Going Deeper into Emotional Intelligence
Year 1 Session 3	So That Is Your Plan? Living an Intentional Life vs a Reactive Life	Do I Have ADHD? Understanding How ADHD May Be Affecting You and/or Team
Year 1 Session 4	Dangers of Leadership Avoiding the Common Dangers of Being a Leader	Have You Peaked? Resistance and the Threshold of Happiness
Year 2 Session 1	Is That Important To You? Managing Priorities in Your Personal and Professional Life	Can We Talk? How to Have Difficult Conversations
Year 2 Session 2	What are Your Habits? Habits Not Willpower Are the Difference Maker	What Are You Afraid Of? Your Mindset (Love or Fear) Determines Your Choices
Year 2 Session 3	Is There an I in Team? Understanding Why Going Alone is Never the Answer	Is That Good or Bad? Your Perspective on Your Circumstances Can Be Life Changing
Year 2 Session 4	Whom Do You Serve? Serving Others is the Key to a Fulfilling Life	Success and/or Significance? Recognizing Natural Patterns in Life Creates Clarity