

airflo

Ambitious | Impatient | Ready for Leadership | Online

Community | Growth | Leadership



8 x 2 hour workshops

1 x 1-on-1 coaching session

Real conversations about real challenges

Content // Intake #1 // 2025

Session	Content
1	Introductions & commitments Learning to challenge ourselves Learning as a discipline
2	Leadership principles Cognitive styles Hot Seat #1
3	Leadership styles and situational leadership Hot Seat #2
4	Crucial Conversations, or How to disagree (and still collaborate) Coaching skills 101 Hot Seat #3
5	Mental health, dealing with stress, and what it means (in reality) Hot Seat #4
6	Positioning & presence Competition, or, How to get ahead without feeling like a bad person Managing your friends Hot Seat #5
7	Free Session (participants choose) Hot Seat #6
8	Wrap-up Lessons and Takeaways Commitments

