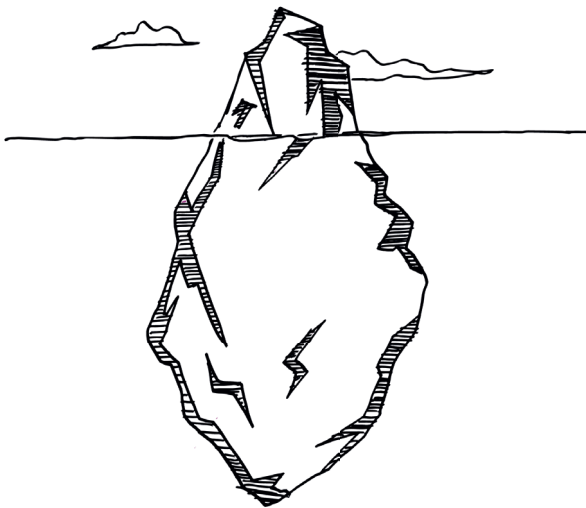


Help your *team* to grow.

The Leadership Flow courses help your team and executives to be more in control of their personal and professional life. If you want things to be different, you have to be willing to do something different first.

Available for teams from 5 people up to groups of 100 participants. The courses are suitable for trainees, high potential candidates, mid level management and director level. Individual coaching can also be included in the package.



The key to the solution is: **personal leadership**. When your employees and executives start working on this personal leadership, then the entire company will start to benefit. This is because most of the work happens from inside and is out of sight. Underwater.

By helping and motivating others to grow, you too evolve and develop yourself. This is your **ripple effect**. Being aware of your actions and the effect your behaviour has on others is key. Coming together is the start, staying together is progress and working together creates success.

Do you want your team to

- ➔ Improve **teamwork** and find new ways to **work together**?
- ➔ Discover new found levels of energy and **motivation**?
- ➔ Increase **team spirit**?
- ➔ Be better at dealing with **fear and conflict**?
- ➔ Become better at **giving and receiving feedback**?
- ➔ Identify the **values** that will guide them in the next chapter of their career?
- ➔ Walk away with more **clarity and focus** on their next steps?

“Kristina consistently enables you to have clearer directions on next steps, happier relationships, better boundaries and better understanding of your purpose.”

// Daniela Weitmann, Industry Head at Meta

Inside the Personal Leadership course

Getting started

Introduction videos to the set up of this 5 week course.

Part 1: Your compass

We start getting more clarity on the participants' vision, purpose and dreams.

Part 2: Dive deeper

We will dive deeper and identify what values will guide the participants in the next chapter of their lives.

Part 3: Supercharge

Here the participants will focus on how to live and lead with more energy.

Part 4: Self-discovery

On a journey of self-discovery we explore individual strengths and what's holding a participant back from fulfilling his/her true potential.

Part 5: Moving forwards

We move forwards by setting clear goals and create a strategy to achieve them.



About Zumflow

We have supported global and local organisations with **leadership development, training and coaching for 20+ years**. During these years we have encountered leaders and teams facing many recurring challenges. It has inspired us to design these courses.

Companies we have collaborated with:



This is how you and your team will benefit

Choose from our two courses depending on where your organisations needs are at. The 5 week **Personal Leadership** course focuses on 'being', zooming in on the participants' purpose, values and visions. The 4 week **Ripple Effect** course focuses on 'doing', sustaining authentic relationships and effective connections with others.

Your people will get:

- ➔ Insights into **effective leadership behaviour** with real life examples in easy to understand language.
- ➔ **Weekly live sessions** together with leadership coach Kristina Zumpolle.
- ➔ Learn how to make **better decisions faster** at work and in their personal life.
- ➔ A **personal action plan** for the next 3 months.
- ➔ **Increased proactivity, motivation and trust** in your team/organisation.

Inside the Ripple Effect course

Getting started

Introduction videos to the set up of this 4 week course.

Part 1: Awareness

We start with making the participants aware of unproductive behaviour and how to change this into a win-win situation.

Part 2: Evolve

Evolve as a leader by learning how to fully engage and listen. We focus on how to make conscious decisions and improve connections.

Part 3: Good vibes

We take time to recognise the good in others and ourselves. And how to tap into the good vibes.

Part 4: Unlock creativity

In this last part we explore the reasons behind the need to control and the benefits of saying no. How to lead from a place of authenticity and creativity.



“Kristina’s coaching style is honest, empowering and always with a focus to really develop everyone involved. Her work with the team helped not only short term, but long term as we have the tools to use to go forward.”

// Victoria Earl, Vice President Procurement at PwH Europe - Tommy Hilfiger & Calvin Klein

“I really enjoyed working with Kristina. Thanks to her energy, expertise, creativity and the right interventions at the right time, it became a great success.”

// Dick van der Wel, People & Culture Director, L-founders of loyalty

Get your team (back) in flow

Invest in your people by helping them to evolve and grow. The more inspiration and motivation they receive, the more empowered they will feel to contribute to the company as a whole.

Through a one to one discussion with Kristina Zumpolle we will create your programme, especially designed to meet the personal needs of your team. Our two courses Personal Leadership and The Ripple Effect are available for teams from 5 to 100 people. Individual coaching can also be included in the package. Price available upon request.

We look forward to hearing from you.

Get in touch today

+31 (0)6 250 256 06

info@zumflow.com

Or get more info at
leadershipflow.mykajabi.com/company-course

ZUMFLOW.