

START YOUR EXPEDITION!

A LEARNING & LEADERSHIP ADVENTURE ON WELL-BEING

FOCUS

In this expedition we focus on ways to lead self, others and system. We address both the valuable as the vulnerable aspect of being a leader and looking out for well-being:

- **VALUABLE:**
As a leader you have impact and influence on your team and yourself.
- **VULNERABLE:**
Carrying responsibility for performance, working climate and working condition.

ESSENTIALS

The essentials in this expedition are:

- Creating a personal development space.
- Shaping your leadership with a focus on well-being aspects.
- Sharing and learning experiments for resilience and staying connected.

LEVELS OF LEARNING

You will learn to act and reflect on three crucial levels of leadership:

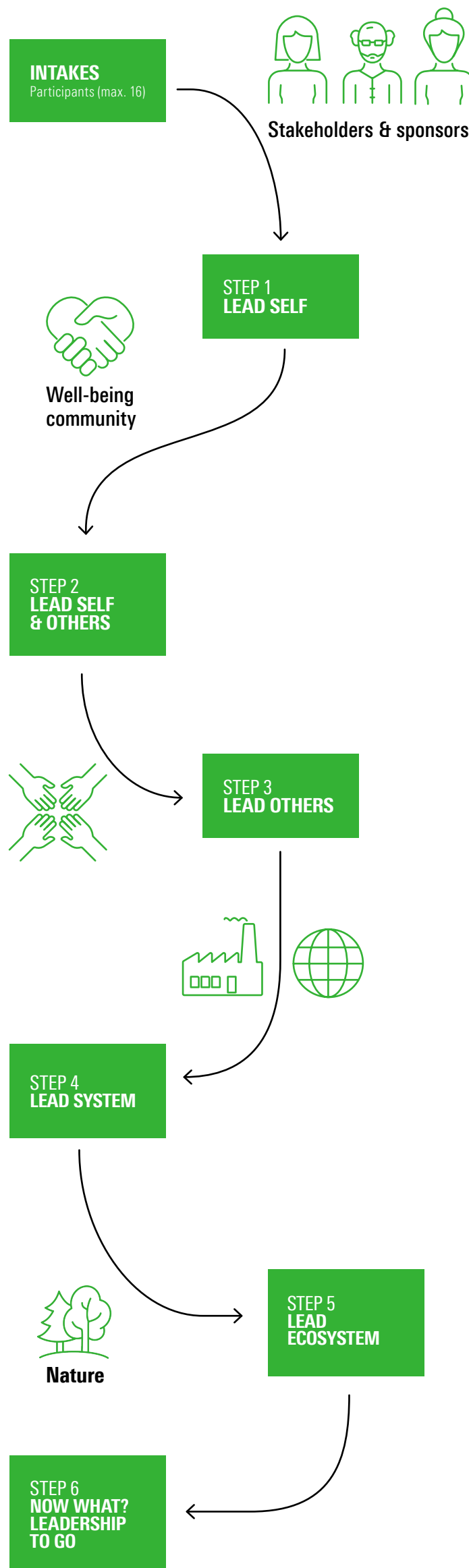
- **LEAD SELF:**
Align your inner compass with your leadership style, gain intrapersonal experiences of self-leadership.
- **LEAD OTHERS:**
Inspire and be an example to others in embracing 'people-first' team connections, personal attention & dialogue.
- **LEAD SYSTEM:**
Transfer the well-being lessons learned to the UT as a living system and community.

SPECIFICATIONS

- Participants: 16
- Duration: 6 days in 6 months.
- Group meeting every 3-4 weeks.



6-STEP LEADERSHIP-EXPEDITION DURING 6 MONTHS



FIRST: INTAKE & REGISTRATION

- **Personal introduction:** 1-on-1
- **Q&A:** well-being & program
- **Strengthen leadership:**
explore your personal learning goals

STEP 1: LEAD SELF

YOUR OWN WELL-BEING

- **Welcome and reception**
- **Check-in:** meeting the group
- **In-depth questions:** well-being
- **Context/ explanation:**
lead self-others-system
- **Presence**
- **Learning- and research questions**
- **Check-out**

STEP 2: LEAD SELF & OTHERS

THE GOOD CONVERSATION

- **Check in:** lessons learned
- **Exploring:** The meaning of listening
- **The Good Conversation**
- **Case studies**
- **Learning- and research questions**
- **Check-out**

STEP 3: LEAD OTHERS

LEADING YOUR TEAM IN WELL-BEING

- **Check-in:** lessons learned
- **Teamscan:** your team and well-being
- **Cyclus of change**
- **'The Good Conversation'** within your team
- **Extract** for the community
- **Check-out**

STEP 4: LEAD SYSTEM

WHAT IS A SYSTEM?

- **Check-in:** lessons learned
- Framing the concept of 'system' together
- Guiding principles within a system
- Workshop 'constellations'
- Extract for the community
- **Check-out**

STEP 5: LEAD ECOSYSTEM

WHAT IS AN ECOSYSTEM?

- **Check-in:** lessons learned
- Framing the concept of ecosystem together
- Guiding principles within an ecosystem
- **Workshop:** nature. The most complex system we know
- Your own progress: let go, maintain, develop
- Dialogue with sponsors
- **Check-out**

STEP 6: NOW WHAT? LEADERSHIP 'TO-GO'

- **Check-in:** lessons learned
- **Lead self-others-system:** extracts
- **Closing session:** sponsors
- **Check-out**