

# "Leader of Yourself"



**Performance  
Technology  
Solutions**

# Facilitator: Diane Fryman

- **Organisational Psychologist**
- **Business coach**, trainer, consultant and international speaker for 25+ years
- **Entrepreneur**: in 2002 she founded **Performance Technology Solutions**, a company that offers ad hoc integrated solutions to top multinational EMEA companies to improve individual, group and organisational performance
- **Adjunct professor and coach at Business School** (Master "Leadership & Empowerment")
- **Adjunct professor at the European School of Economics** ("Entrepreneurial Management and Leadership" and "Organizational Communication")
- **Founding member** of Professional Women's Association **PWA** and **Toastmasters** first club in Italy

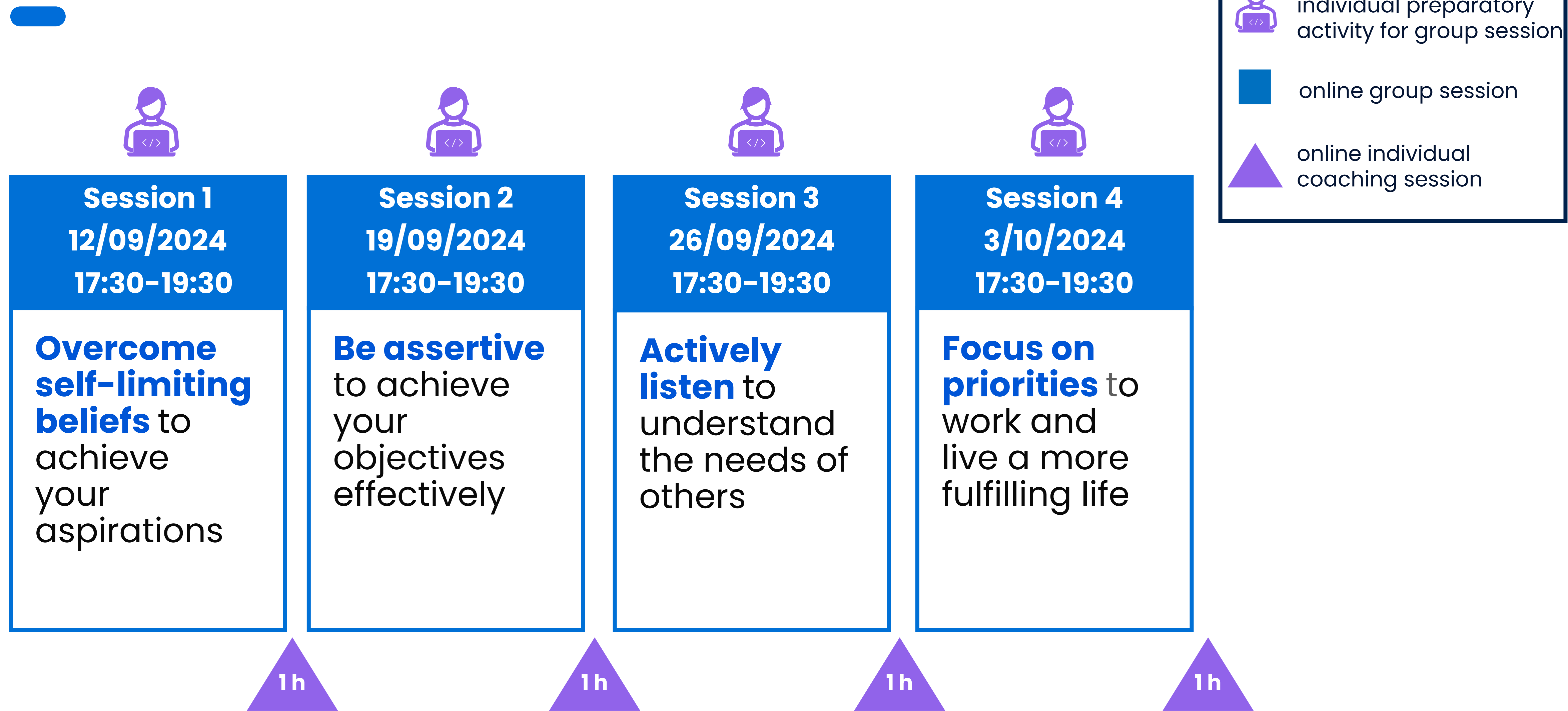


# Objectives of "Leader of Yourself"

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- Become **aware** of the **self-limiting beliefs** that impact your life and adopt **techniques** to overcome them
- Identify your **natural communication style** and become flexible in **adapting it** according to the objectives
- Improve your **active listening** skills to identify the **needs** of your counterparts
- Take a **proactive approach** to setting and managing your work and personal **priorities**

# Structure of "Leader of yourself"



# Why participate?

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- You will receive **feedback** on the **preparatory activities** you complete before each online group session to increase your **self-awareness**
- You will participate in **highly interactive online group session** where you will be able to **immediately** put your learnings into **practice**
- You will achieve **your goals faster** thanks to **online individual coaching sessions tailored** to your needs

# Services included

<b>Service</b>	<b>Total hours</b>	<b>Price (VAT excluded)</b>
<ul style="list-style-type: none"><li>• 4 online group sessions (2 hours each)</li><li>• 4 online individual coaching sessions (1 hour each)</li></ul>	12	800 €

# Overcome self-limiting beliefs to achieve your aspirations

## What will you discover?

- Be **aware** and identify your own self-limiting beliefs and their **impact** on your life
- Discover the benefits of adopting “**growth mindset**” behaviours to live each day better and achieve your dreams
- Choose **strategies and techniques** for overcoming your self-imposed limitations

## How

- Preparatory activity with **individual feedback**
- **Highly interactive** online group session with **application activities** on your specific self-imposed limits to identify how to overcome them

# Be assertive to achieve your objectives easily

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## What will you discover?

- Understand the **impact** of your communication style on others
- **Adapt** your **communication style** depending on the **situation** and objectives

## How

- Preparatory questionnaire on your natural communication style with **individual feedback**
- **Highly interactive** online group session with **application activities** on **typical real cases** to analyse and improve the effectiveness of your communication



# Actively listen to understand the needs of others

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## What will you discover?

- Understand the **impact** of your listening skills on others
- Improve your active listening skills to identify the **needs** of your interlocutors and create **collaboration**

## How

- Preparatory questionnaire on your level of active listening with **individual feedback**
- **Highly interactive** online group session with **application activities** for improving your listening level

# Focus on priorities to work and live better

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## What will you discover?

- Identify and value your **natural** time management **style**
- Define **objectives** and prioritise activities according to their degree of **importance** and **urgency**
- Reduce work-related **stress** by adopting a **proactive** and **assertive** approach

## How

- Preparatory questionnaire on your natural style of time management with **individual feedback**
- **Highly interactive** online group session with **application activities** for analyse and improve your actual time management style

## Some testimonials

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- "Diane is a brilliant trainer, able to continuously **engage** a classroom of professionals from entirely different backgrounds and experience. She had a **very positive impact** on my professional skills, soft skills and personal projects."  
*Maria Charrouf – Account Director – Jellyfish*
- "Diane's training sessions were **engaging** and direct covering a wide range of **practical issues** we were able to **apply immediately**. The coaching sessions were useful for raising my **self-awareness** that helped me to better focus on key development areas in order to **achieve results, motivate** people and **go beyond expectations**."  
*Dario Anatilopan – Air Time Sales Director – Warner Bros. Discovery*