

COACHING PACKAGES

Individual/Single Entrepreneur

Regenerative Leadership

WWW.JR-LEADERSHIP.COM



Phone: +6281353066462

E-mail: info@jr-leadership.com

SINGLE MODULE PACKAGES

JR | REGENERATIVE
LEADERSHIP

Each workshop: **4,5h - 380\$**

Please find the workshop details & add-on possibilities on the next pages.

A

MY WELL-BEING

HOW DO I LEAD MYSELF?

This module is a deep self-reflection journey to identify your superpowers, and the tendencies & patterns that hold you back in order to unlock your full potential!

B

ORGANISATIONAL WELL-BEING

HOW CAN WE BECOME THE BEST VERSION OF OURSELVES?

This module looks at the inner & outer working of the team(s) & organisation you are leading to ensure its sustainable growth!

CSR/SUSTAINABILITY SUPPORT

HOW CAN WE THRIVE BY DOING GOOD?

We support you in setting up a holistic CSR/Sustainability Strategy as your ultimate tool for sustainable success!

C

REGENERATIVE BUSINESS CULTURE

HOW CAN WE HARNESS THE POWER OF NATURE TO BRING THE BEST OUT OF US?

We identify culture gaps & evaluate what changes could help you to activate your full potential!

D

PACKAGE A

JR | REGENERATIVE
LEADERSHIP

MY WELL-BEING

HOW DO I LEAD MYSELF?

This module is a deep self-reflection journey to identify your superpowers, and the tendencies & patterns that hold you back in order to unlock your full potential!

Finding Clarity & Direction, Identifying Tendencies & Patterns, Activating Inner Power & Potential

A. Stakeholder Mapping: Your Personal Life
(from the perspective of Living System Design)

B. Self-Reflection Journey: Who am I? Where do I go? What are my values? What are my needs & responsibilities? How are my relationships to...? How do I lead myself?



PACKAGE A

JR | REGENERATIVE LEADERSHIP

MY WELL-BEING

HOW DO I LEAD MYSELF?

This module is a deep self-reflection journey to identify your superpowers, and the tendencies & patterns that hold you back in order to unlock your full potential!

Please be aware that this workshop is very therapeutic & might lead to the release of certain emotions. Which is great!

Regenerative Leadership starts with ourselves(!). This module is meant to reflect on the following questions that are fundamental to develop a regenerative leadership style: Who am I?, Where do I go?, What are my values?, What are my needs & responsibilities?, How are my relationships to....?, How do I lead myself?.

With our stakeholder mapping, you'll be given the opportunity to step back and to look at your personal ecosystem from a bird's perspective (from the perspective of Living System Design). We strengthen your awareness about your superpowers, and identify tendencies & patterns that hold you back (e.g. self-sabotaging beliefs, perspectives, communication & behaviour patterns). Mindfulness practises play an important role in this workshop to explore our relationship to our monkey mind (our brain's default mode network). This is about cultivating a regenerative culture & life design for yourself as an individual that sets the foundation for an awareness-based leadership style in your organisation.

PACKAGE A

JR | REGENERATIVE
LEADERSHIP

MY WELL-BEING

HOW DO I LEAD MYSELF?

This module is a deep self-reflection journey to identify your superpowers, and the tendencies & patterns that hold you back in order to unlock your full potential!

Leading Questions

HOW DO I LEAD MYSELF?

- Who am I and where do I go?
- What are my needs & responsibilities?
- What do I value?
- What are my superpowers/my essence?
- How does my personal ecosystem look like? (in my private life & the workplace)
- What are my relationships to... ? (e.g. my monkey mind, my intuitive & logic mind, my energy management, my productivity, my work systems)
- What are my tendencies & patterns that hold me back?
- What culture do I cultivate for myself?
- Do the work systems I established still serve me?
- What are my blind spots?
- In which way could I improve as a leader for myself & others?
- In which way can I improve as a communicator?
- Where is my full potential?



PACKAGE A

ADD-ON

MY WELL-BEING

HOW DO I LEAD MYSELF?

This module is a deep self-reflection journey to identify your superpowers, and the tendencies & patterns that hold you back in order to unlock your full potential!

MY REGENERATIVE CULTURE

This is an add-on module of Package A 'My Well-Being'. You will learn perspectives, tools & practises to unleash your full potential and to cultivate a regenerative culture for yourself.

Topics that we can explore here:

Emotional management, review of habits & routines, re-designing belief & work systems, self-motivation, building self-confidence, setting boundaries, finding your authentic voice, meditation & breathing techniques, communication & embodiment techniques, self-compassion exercises, joy cultivation & more.



2,5h - 210USD/h*

*Any additional hour 80USD/h.

PACKAGE B

JR | REGENERATIVE
LEADERSHIP

ORGANISATIONAL WELL-BEING

HOW CAN WE BECOME THE
BEST VERSION OF OURSELVES?

This module looks at the inner & outer working of the team(s) & organisation you are leading to ensure its sustainable growth!

Activating the Full Potential of Your Team & Business for Sustainable Success

A. Stakeholder Mapping: Your Business/Organisation
(from the perspective of Living System Design)

B. The Different Layers of Corporate Leadership

C. Self-Reflection Journey: How do I lead others (my team & organisation)?



PACKAGE B

JR | REGENERATIVE
LEADERSHIP

ORGANISATIONAL WELL-BEING

HOW CAN WE BECOME THE
BEST VERSION OF OURSELVES?

This module looks at the inner & outer working of the team(s) & organisation you are leading to ensure its sustainable growth!

Before we map out all your stakeholders, we will ask you the following questions: Who are we & where do we want to go? Every ship needs to know its direction in order to lead the crew. We reevaluate your vision, mission & values, and the impact you are aiming for. We will reflect on your essence (your (collective) superpowers) and identify the tendencies & patterns that hold you back. The multi-layered stakeholder mapping will help you to look at your business/organisation from the perspective of Living System Design. You'll be able activate your intuitive mind & whole system thinking in order to identify bottlenecks, pain points & opportunities for growth.

Other topics we will look at: Giving Direction, Project Assessment, Goal Setting, Internal & External Communication, Accountability, Task Assignment/Delegation, Decision-Making & Problem-Solving, Strategic Planning, Strategic Partnerships, Performance Evaluation/Impact Measurement, Recruiting & Onboarding, HR Development, Conflict Resolution.

PACKAGE B

ORGANISATIONAL WELL-BEING

HOW CAN WE BECOME THE BEST VERSION OF OURSELVES?

This module looks at the inner & outer working of the team(s) & organisation you are leading to ensure its sustainable growth!

LEADING QUESTIONS

HOW DO WE LEAD OURSELVES AS TEAM/ORGANISATION?

- Who are we and where do we go?
- What are our values?
- What are our superpowers/our essence?
- How does our ecosystem look like?
- What is our impact?
- What are our relationships to... ? (top management, colleagues, customers, technology, resources, etc.)
- What are our tendencies & patterns that hold us back?
- What culture do we cultivate within our team(s)?
- Do the work systems we established still serve us?
- What are our blind spots?
- In which way could we improve as a team?
- In which way can we improve as communicators?
- Where is our full potential?



PACKAGE C

JR | REGENERATIVE
LEADERSHIP

CSR/SUSTAINABILITY SUPPORT

HOW CAN WE THRIVE BY
DOING GOOD?

We support you in setting up a
holistic CSR/Sustainability
Strategy as your ultimate tool for
sustainable success!

A Holistic CSR/Sustainability Strategy to Activate The Full Potential of Your Team & Business

A. Stakeholder Mapping: Your Business/Organisation
(from the perspective of Living System Design)

B. Mapping of the 'worlds' of all your stakeholders
(Customers/Beneficiaries, Communities, Employees, Natural
Ecosystems, Investors)

C. Interrelationships, Flows & Impact (+ Impact Measurement)

**D. Guidance & Tools to Implement a Holistic
CSR/Sustainability Strategy**

PACKAGE C

JR | REGENERATIVE
LEADERSHIP

CSR/SUSTAINABILITY SUPPORT

HOW CAN WE THRIVE BY DOING GOOD?

We support you in setting up a holistic CSR/Sustainability Strategy as your ultimate tool for sustainable success!

We start with a multi-layered stakeholder mapping that will help you to look at your organisation from the perspective of Living System Design. Further, it will help us to understand the ecosystem(s) you are moving in.

We will assess what Corporate Social Responsibility means in your unique context, and what you and your clients value. In the next step, we support you in setting up a holistic CSR Strategy that is:

- goal-driven, achievable & authentic.
- creates positive synergy effects between people, planet & profit
- ensures that efforts maximise stakeholder value
- follows our mantra 'more with less!'

We will give you guidance for a CSR Diagnosis, Policy & Action Plan, and the work systems which are required to meet your goals. We can also have a look at your internal & external communication efforts to help you creating a sustainable brand with high credibility & strong stakeholder engagement.

PACKAGE D

JR | REGENERATIVE
LEADERSHIP

REGENERATIVE BUSINESS CULTURE

HOW CAN WE HARNESS THE
POWER OF NATURE TO BRING
THE BEST OUT OF US?

We identify culture gaps &
evaluate what changes could help
you to activate your full potential!

Cultivating A Life-Affirming Business Culture For Sustainable Success

A. Stakeholder Mapping: Your Business/Organisation
(from the perspective of Living System Design)

B. Principles of a Regenerative Business Culture + Roadmap to
apply them in your unique context

C. Communication Training: Essentials for regenerative &
effective communication to reach your goals and to create
harmonious relationships with all stakeholders

Incl. embodiment techniques to build confidence & set boundaries (if needed).

PACKAGE D

JR | REGENERATIVE
LEADERSHIP

REGENERATIVE BUSINESS CULTURE

HOW CAN WE HARNESS THE
POWER OF NATURE TO BRING
THE BEST OUT OF US?

We identify culture gaps &
evaluate what changes could help
you to activate your full potential!

First, you will learn the principles of a regenerative culture & get to know successful examples in practice. We continue with a multi-layered stakeholder mapping that will help you to look at your organisation from the perspective of Living System Design. Further, it will help us to understand the ecosystem(s) you are moving in. From there, we will define the status quo of your organisation. This means to go back to your vision, goals, values, and the leadership culture you want to cultivate, and compare it to the reality you created so far. This process will help you to identify culture gaps. In the next step, we will evaluate what aspects of a regenerative culture could bring your organisation forward, from the micro-level (individually & team-based) towards the macro-level (organisational & in relationship with all other stakeholders). While we will be able to pin down specific changes within the workshop already, this module is usually followed by a phase of close self-observation that will then lead to gradual changes on an individual & organisational level.

VALUABLE ADD-ONS

JR | REGENERATIVE
LEADERSHIP



Additional Coaching Sessions

Depending on the learnings you've had, you might be interested in booking additional coaching sessions to explore certain topics deeper. If we identified specific challenges in your physical & emotional health, we are happy to take you on board for our Mental Health Support or to refer you to therapists here in Bali.

90USD/h

- 25% from 120USD/h*

Reintegration Support

We all know: It's easy to fall back into old habits. That's why we offer a reintegration support that will help you to stay on track! Together we will reflect on mistakes & new learnings and make you feel accountable for certain changes in your leadership style!

50USD/h

*Discount only available if you booked one of our Leadership Coaching Packages.

VALUABLE ADD-ONS

JR | REGENERATIVE
LEADERSHIP



Mental Health Support

Life can be tough & very draining in its complexity and with its never-ending challenges. We are here to create a safe space for you. Together we identify all factors which put you in a state of dis-ease, such as self-sabotaging thinking patterns, past trauma and external triggers that impact your mental & physical health. We help you transform your relationship with yourself and the world around you so that you become the happiest, most productive version of yourself.

We also offer a list of thoughtfully selected therapists and healers in Bali if you are planning a stay on the island.

80USD/h

- 20% from 100USD/h*

Please find more info here:

<https://www.jr-leadership.com/mental-health-support>

*Discount only available if you booked one of our Leadership Coaching Packages.

WORKSHOP MODULE CATALOGUE

JR | REGENERATIVE
LEADERSHIP

MODULE DETAILS

Please find information about module content, length & pricing on next pages.

Complete Module Catalogue

MODULE A: Introduction to Regenerative Leadership

MODULE B: Who Am I? How Do I Lead Myself?



MODULE C: Giving Direction & Corporate Leadership



MODULE D: Understanding Service & Impact (Measurement)

MODULE E: Multi-Layered Stakeholder Mapping & Analysis

MODULE F: Value Mapping & Value Creation

MODULE G: Regenerative Strategic Planning



MODULE H: Regenerative (Business) Culture

MODULE DETAILS

MODULE LENGTH

Each module takes **4,5h**. If you want to go into depth for a high variety of projects, Modules D, E & F might need to be booked multiple times.

MODULE PRICING

Single module cost: **380USD**.

Module discount: **10%** on first additional module, then 13-30%. The more modules you book, the higher our discount rate.

Full programme (all modules): **2.535\$**

NUMBER OF PARTICIPANTS

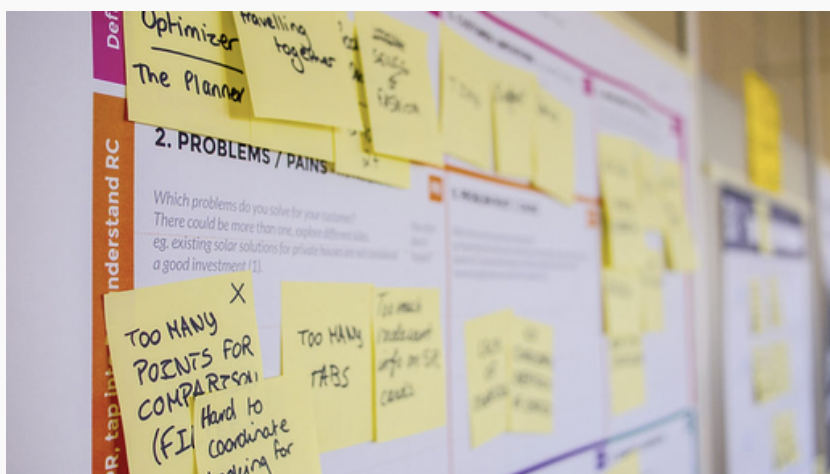
if you plan to bring other team members with you on this journey, please have a look at our document 'Training Packages - Corporate/Organisational', available for download on our homepage.

MODULE DETAILS

Module Content

MODULE A: Introduction to Regenerative Leadership

We introduce you to the concept of Regenerative Leadership, explain the WHAT & WHY, and give you guiding principles & frameworks for the HOW (=Work Design). Our aim is to show you what it means to manage WHOLEs, instead of parts & pieces, and what it takes to create a regenerative work design. You will learn here from case studies & examples of regenerative business models & cultures.



WHY A NEW WORK DESIGN?

The Work Design redefines the **HOW** of the organisation ("**how we work**"). By developing the team, work systems and structures, a new work design is put into place which facilitates the implementation of a regenerative business model & culture.

Read more about our approach & the importance of the work design on our website.

MODULE DETAILS

JR | REGENERATIVE LEADERSHIP



MODULE B: Who Am I? How Do I Lead Myself?

Regenerative Leadership starts with ourselves(!). This module is meant to reflect on the following questions that are fundamental to develop a regenerative leadership style: Who am I?, Where do I go?, What are my values?, What are my needs & responsibilities?, What are my relationships to...?, How do I lead myself?

You'll be given the opportunity to look at your personal ecosystem from a bird's perspective (from the perspective of Living System Design). We strengthen your awareness about your superpowers, and identify tendencies & patterns that hold you back. (e.g. self-sabotaging beliefs, perspectives, communication & behaviour patterns).

Mindfulness practises play an important role in this workshop to explore our relationship to our monkey mind (our brain's default mode network). This is about cultivating a regenerative culture & life design for yourself as an individual that sets the foundation for an awareness-based leadership style in your organisation.



MODULE DETAILS

MODULE C: Giving Direction & Corporate Leadership

This module is meant to ask the following questions: Who are we & where do we want to go? Every ship needs to know its direction in order to lead the crew. We reevaluate your vision, mission & values, and the impact you are aiming for. We will reflect on your essence (your (collective) superpowers) and identify the tendencies & patterns that hold you back. This module usually precedes the stakeholder analysis. Nevertheless, module C, D & E are closely interconnected.

Topics we will look at: Direction, Project Assessment, Goal Setting, Internal & External Communication, Accountability, Task Assignment/Delegation, Decision-Making & Problem-Solving, Strategic Planning, Performance Evaluation/Impact Measurement, Recruiting & Onboarding, HR Development, Conflict Resolution.



MODULE D: Understanding Service & Impact (Measurement)

This module looks closer at the service you provide. We will dive deeper into the world of the people you serve, understand their ecosystems, needs, and what they value. This is about close observation & deep listening in order to create the highest possible positive impact with the least possible input. We will also talk about Impact Measurement, what to measure, for what purpose, how & the importance of communication in that context. In order to create a positive net value for all stakeholders involved, we will lean on the pentad stakeholder framework from Carol Sanford, that includes your team(s), business partners, beneficiaries/customers, communities, investors/funders & the respective natural ecosystems.



MODULE DETAILS

JR | REGENERATIVE
LEADERSHIP

MODULE E: Multi-Layered Stakeholder Mapping & Analysis

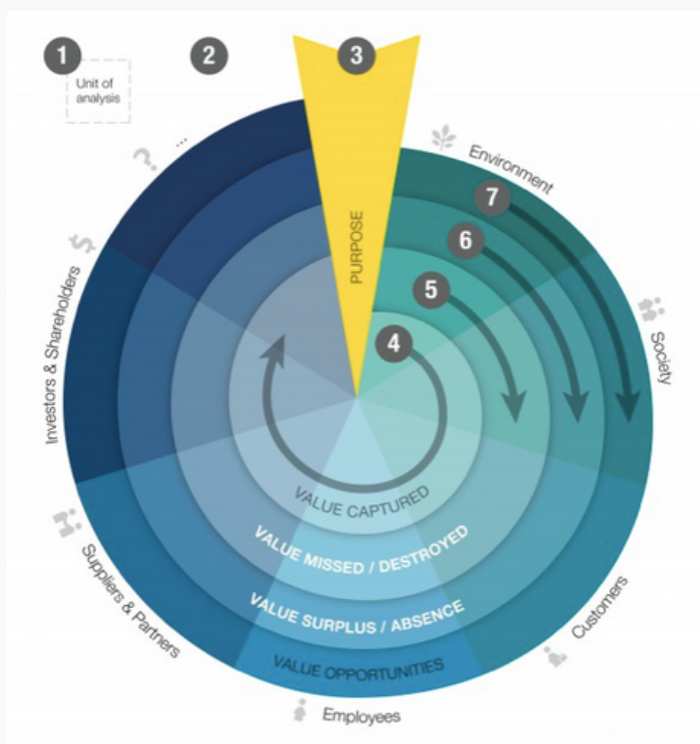
In this module, we will map out all your stakeholders & their interrelationships, and look at them from the perspective of Living System Design. This systemic analysis process will help us to identify bottlenecks, pain/trigger points, and opportunities for growth. You will make use of your cognitive diversity by tapping into your intuitive mind. This will enable you to (pre)sense next steps in order to solve problems & evolve.



MODULE DETAILS

MODULE F: Value Mapping & Value Creation

In this module, we will map out your value creation process across all involved stakeholders. It will help you to quantify your impact & to find blind spots. This process may lead to strengthening or forming new strategic partnerships to create positive synergy effects. On the other hand, it may make you letting go of services, work systems, or partners that no longer serve you.



Cambridge Value Mapping Tool
(EU FP7 SustainValue, IfM's Centre
for Industrial Sustainability)

MODULE DETAILS



MODULE G: Regenerative Strategic Planning

In this module we will have a closer look at your ways of strategic planning. Based on the nature of your work systems, your organisational structure and the experiences you had, we reevaluate your approach. While we come across traditional tools for strategic planning, we focus on the aspect of agility in order to adapt to rapidly changing internal & external environments. We help you to get more attuned to the **moving dynamics** of the spaces you are moving in, in order to reach your goals. This is about finding the right balance between agility & structure. We recommend this module to start-ups, organisations that outgrow their start-up phase, to teams who deal with a diverse group of stakeholders (e.g. community-based projects with different governmental actors), and to teams that struggle in general with their approach to project assessment, decision-making & problem-solving.

MODULE DETAILS



Principles of a Regenerative Economy (Capital Institute)

MODULE H: Regenerative (Business) Culture

In this module you will first learn the principles of a regenerative culture & get to know successful examples in practice. Then we will define the status quo of your organisation. This means to go back to your vision, goals, values, and the leadership culture you want to cultivate, and compare it to the reality you created so far. This is a very collective process that will help you to identify culture gaps. In the next step, we will evaluate what aspects of a regenerative culture could bring your organisation forward, from the micro-level (individually & team-based) towards the macro-level (organisational & in relationship with all other stakeholders). While we will be able to pin down specific changes within the workshop already, this module is usually followed by a phase of close self-observation that will then lead to gradual changes on an individual & organisational level.

Please note: All other workshop modules usually reveal many of these culture gaps already. This module is meant to clarify & consciously define the changes you want to make in order to prevent you from falling back into old patterns and from deepening these gaps.

**THANK YOU FOR INVESTING IN YOUR PEOPLE
AND THEREWITH,
IN A BETTER WORLD!**

