



INNER ALCHEMIST LEADERSHIP PROGRAM

DISCOVER. PRACTICE. HARNESS.



WHAT IS THIS?

As a business leader in a fast-paced, hyper competitive context, you probably have little time to explore intimacy in your couple relationship, and its exceptional potential for leadership development.



The program allows you to step back, gain perspective and strategize with a complex taboo for new leadership traits in a professional and energizing learning forum.

**REINVENT YOUR LEADERSHIP VITALITY.
TRANSFORM YOUR INNER EXPERIENCES.
REINFORCE YOUR LEADERSHIP CAPACITY.**

SMART CHOICES IN YOUR COUPLE RELATIONSHIP FOR HIGH PERFORMANCE LEADERSHIP

A leadership program that integrates and focuses on the latest neuroscience of intimacy trends to benefit executives from all sectors and geographies.

Having a holistic approach, it argues and present a *clear-cut methodology* on how to integrate a complex, sensitive and real-life taboo with accelerated inner development.

The executive team can participate together to boost group understanding on a sensitive aspect while exploring a specific leadership area that is relevant to individual team members. Upon request, online coaching sessions can be arranged.

FROM INNER STATES TO NEW LEADERSHIP TRAITS

PROGRAM DETAILS

DATE AND VENUE

ONLINE | SWITZERLAND (IN-PERSON)

The program can be delivered in different formats. It fosters an environment of learning and reflection on a sensitive topic bridged with actionable insights.

PROGRAM FEE

Fees include tuition, reading and classroom materials.

INDIVIDUAL PARTICIPANT

CHF 2000 | 2 days (Module 1)

CHF 3000 | 3 days (Modules 2-7)

TEAMS FROM THE SAME COMPANY

Free of charge - every 3rd participant



CONTACT

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No Trivia.
No Jargon.
No Embarrassment.
No Physical Interaction in Class.

2023

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2024

PRACTITIONERS & BENEFITS



+45,000
PRACTITIONERS



CEO
EXECUTIVE VP
DIRECTOR
COUNTRY MANAGER
FUNCTIONAL MANAGER

+33
NATIONALITIES



+15
PRACTICAL TECHNIQUES



45% MALE
55% WOMEN

ATTEND ON YOUR OWN OR WITH YOUR TEAM

LEADING YOURSELF

- Learn how to utilize a new source of energy
- Find and exploit untapped potential from your couple experiences
- Learn how to generate high vitality to better execute strategic initiatives
- Enhance your leadership performance and capabilities
- Build a solid understanding on the causality between couple intimacy and leadership

LEADING OTHERS

- Boost group energy by learning practical tools that sustain positive emotions in teams
- Leverage creativity to re-think leadership challenges
- Devise fresh action plans to meet current leadership challenges
- Reinforce vitality and commitment to your leadership mission
- Create a positive vibe that sustains high-performance in your team

RELEVANT

STRUCTURE

5 PILLARS MODEL & 4STEP CANVAS

Introduction of *Superior Intimacy* concept addressing the why, the how, the who and the when

3 THEMES SPOT

POSITIVE EMOTIONS, PSYCHOLOGICAL CAPITAL, COUPLE RELATIONSHIP SCIENCE
Each features several practical techniques.

CUSTOMIZED

GENDER FOCUSED SESSIONS

A customizable session to present the concept innovations and opportunities for new traits development.

CUSTOMIZED

MEDITATION, CONCENTRATION, BODY POSTURES, RELAXATION

Led by experienced practitioners in different formats.

ACTIONABLE

FACILITATORS

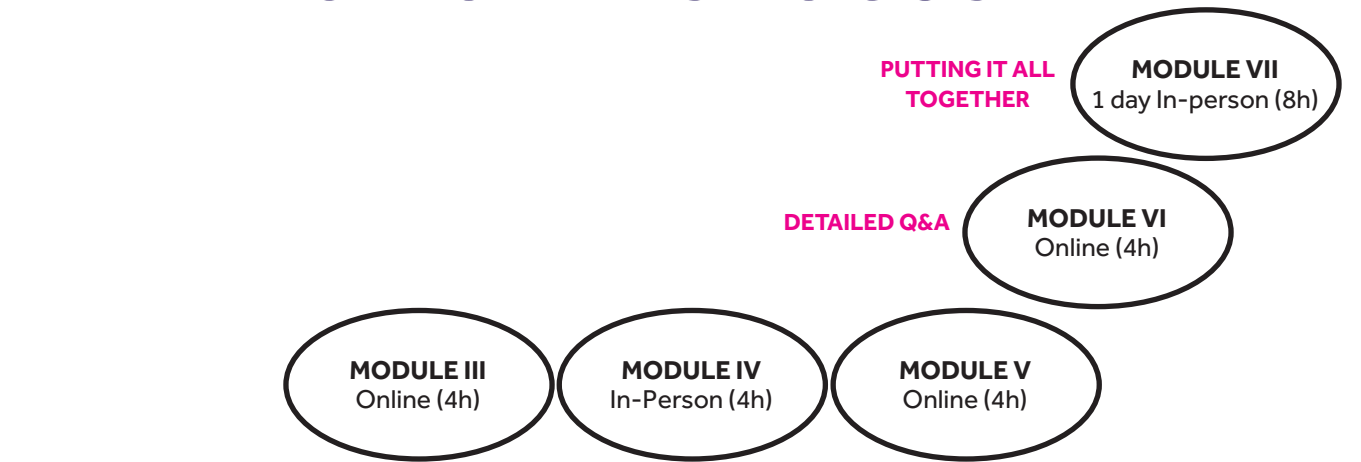


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IOANA JIGAU
Program Manager
Leadership Program, Case Western
Clinical Psychologist & Couple Psychotherapist
+10 Years Facilitator in Executives Programs
Projects: APPLE, SAB MILLER

3 MONTHS FOCUS



FEMININITY & MASCULINITY

MODULE I
2 days (16h)
May 2023

UNDERSTANDING THE CONCEPT

- 7 WE DON'T**
- No physical interaction in class.
 - No difficult languages.
 - No embarrassment.
 - No personal details.
 - No jargon.
 - No trivia.
 - No porn.

- 7 WE DO**
- Relevant, insightful, and actionable research.
 - Methodology, tools, and techniques.
 - Science of sensitive topics.
 - Practitioners testimonials.
 - Multidimensional impact.
 - Teach from experience.
 - Practical insights.

REAL LIFE INSIGHTS

2023 - 2024