



“Leadership and learning are indispensable to each other.”  
– John F. Kennedy

## DAY 1 OBJECTIVE:

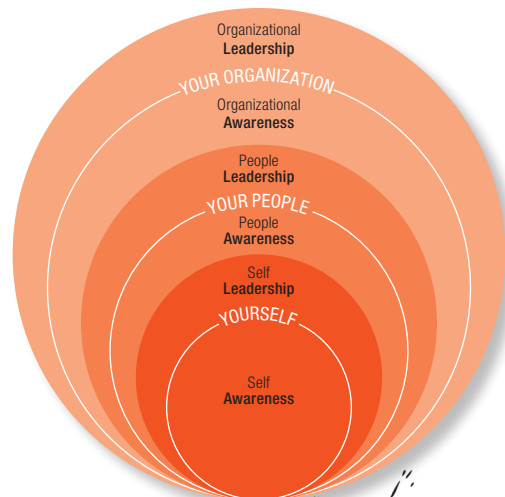
### To understand the explicit and implicit skills of a leader

Start the day with a physical workout and discover the health and mental benefits. Start the day by learning the health and mental benefits of coordinated physical activity. Participants will be separated and paired into teams and learn collaboration and teamwork while accomplishing the physical tasks. Sessions will be led by physical trainers, military veterans, and leadership coaches.

The intent of Day 1 training is to calibrate all participants to the meaning of leadership and what it means to them, their organization, and their community. Participants analyze leadership in different contexts and environments to understand how leadership principals are universal. Participants will learn what all leaders must: BE, KNOW, and DO.

#### Participants will answer these questions:

- Am I a leader?
- Where do I rank my present leadership abilities?
- How can I improve my TLC (Teamwork, Leadership, and Communication) skills?
- Why would anyone want to be led by me?
- Can I influence others?





“If you wish to control others, first, you must control yourself.”

– Miyamoto Mushashi, Samurai

## DAY 2 OBJECTIVE:

**To learn how to assemble, organize, and lead the team toward action**

Participants will venture into another morning of physical challenges and work together to achieve a goal. Additionally, teams will seek and find their competitive advantage as a group over others. The Three Six Zero training team will facilitate team bonding, productivity, and accountability while accomplishing tasks and maintaining high morale.

Teamwork, Leadership, and Communication (**TLC**) is the focus of this session. Assembling, delegating, and planning are just some of the areas of concentration explored to develop team actions. First, a leader must lead by example. Then, the leader must create a professional language, culture, and environment that enables a structure for team chemistry.

Understand how ***your vibe attracts your tribe*** and facilitates high performance. Gauge on the organizational psychology of the team for cooperation, collaboration, and learning. Accomplish goals and lead by getting all team members to buy into the team’s culture by buying into all team members. Participants will review a simple and proven 8-step leadership process (**TLPs**), the military decision-making process (**MDMP**), and concepts that will work in any situation.





“Leadership is the art of accomplishing more than the science of management says is possible.”  
– General Colin Powell, US Army

## DAY 3 OBJECTIVE: To prepare for the team’s development and performance

Physical challenges of the morning become more dynamic as the teams apply lessons learned to team workouts. The groups begin to recognize the advantages of familiarity and develops standards, expectations, and a culture. Morale is challenged by different experiences and to expand awareness of capabilities and recognize limitations.

Assuming a leadership position isn’t easy. Now that you are in charge and accountable for the team, efforts to manage priorities, people, and performance are paramount. Prioritizing tasks, managing time, counselling team members, and completing necessary reports may seem overwhelming but they are essential responsibilities as a leader. Strategies designed to improve leadership efficacy and morale are taught and utilized. Techniques, tactics, and processes that enable leaders to manage and develop personnel without compromising quality are shared and refined. These management tools will help administer consistent team performance as well as care for the team. Participants learn to influence positive behavioral patterns by sharing individual and team observations, feedback, lessons, and recommendations. As a result, participants learn to become the best agent for each team member while developing a high performing team.





“I can do things you cannot, you can do things I cannot;  
together we can do great things.”  
– Mother Teresa

## DAY 4 OBJECTIVE:

### To build the team through mission alignment, experience, and mistakes

The daily exercise events continue to be a source of health, morale boosting, and a check on learning. Groups will continue to develop while adding new planning elements to physical tasks. Cadre, trainers, coaches and medical staff assist during the events.

Transforming ME into WE. Leaders lead through action. While understanding how groups become organizations, organizations become teams, and team members establish trust, values, and commitment. After the teams huddle up and establish an atmosphere of collaboration, participants learn how to manage the team’s personalities, dynamics, and goals. Our focus is to develop routine and predictable behavior to exploit individual and team capabilities for great results. Leaders will be tested on leading their team through a simple mission designed to inspire cooperation, execution, and resilience.

Leaders will learn how to be a more independent entity and understand how to operate during times of limited resources, time, and personnel. When situations are disrupted, leadership must prevail and participants will learn how to control situations, reduce stress, and focus on work





**“The only real training for leadership is leadership.”**  
– Antony Jay

## **DAY 5 OBJECTIVE:**

### **To test leadership ability in a stressful environment to reinforce leadership skills**

The final day of the program is an immersive experience focused on TLC. Participants are placed in an unfamiliar atmosphere and come together as a squad and tackle several missions. All participants will be assessed on leadership and teamwork and results will be articulated in the individual Leadership Portfolio. Each mission includes a planning, movement, and execution phase followed by an after-action review.

The intent of the experiential exercise is to overcome the stress and emotional turbulence of working together as a squad while accomplishing the mission. Teams will experience both functional and dysfunctional situations and learn how to handle both. The exercises are designed to improve self-confidence, mental toughness, and audacity. After completing the last session, participants will demonstrate leadership mastery in any situation. Participants push themselves beyond what is expected and give 100 percent and then some. As a result, teams become more cohesive, leaders become more confident, and the group is ready to take charge!

