

# THE HUMAN LEADERSHIP PROGRAM

*Kristen Hadeed*

# OUR TWO DAYS TOGETHER WILL LOOK LIKE THIS:



## DAY ONE:

### SESSION 1: ELEVATE YOUR MINDSET

- Understand the life experiences that have shaped you as a leader
- Identify the narratives holding you back from reaching your potential, explore where those narratives come from, and learn how to reframe the parts of these narratives that are holding you back
- Learn the growth mindset required to elevate trust and communication and how to inspire that same mindset in others
- Explore different leadership styles, identify your own, and learn what drives you
- Discover the value of being more curious about the people around you

### SESSION 2: DEEPEN YOUR RELATIONSHIPS

- Learn how to develop, maintain, and strengthen trust
- Discover how to listen with intention
- Understand how to cultivate deeper, more meaningful relationships despite being busy
- Identify ways to be more vulnerable and inspire vulnerability in others
- Explore how to lead with a greater level of empathy

### SESSION 3: STRENGTHEN COMMUNICATION

- Learn how to give clear, productive, and compassionate feedback
- Discover how to take recognition to the next level
- Learn how to get better at receiving feedback and understand how to solicit feedback from others that will help you recognize your opportunities for growth
- Learn how to build a culture of open communication
- Explore strategies for initiating, having, and following up on feedback conversations, especially when feedback doesn't seem to work

## DAY TWO:

### SESSION 4: DEVELOP RESILIENCE

- Understand your relationship with both failure and success and remove the mental roadblocks that may be holding you back
- Learn how to build resilience and courage when you need it most and help others do the same
- Learn how to give up control in favor of trusting and empowering those around you
- Understand how to create an environment where people feel psychologically safe, even when they make mistakes
- Expand your screw-up tolerance

### SESSION 5: ACHIEVE WORK-LIFE HARMONY

- Understand how to achieve sustainable work-life harmony and help others do the same
- Identify the habits and energy-givers that will help you show up at your best and set boundaries around what might be draining your energy
- Learn how to approach success in a way that avoids burnout
- Discover how to create an environment where everyone—including you—feels comfortable asking for help when they are overwhelmed
- Explore the give-and-take of achieving results and making sure you care for yourself and others in the process

### SESSION 6: HARNESS YOUR LEADERSHIP SUPERPOWERS

- Set your leadership vision
- Identify your superpowers and how you can tap into them more
- Discover how to find more purpose and meaning in your work and life and how to help others do the same
- Learn how to lead more authentically
- Discover your personal values and learn to use them as a compass

## MEET YOUR HOST



Kristen Hadeed believes that authentic, human leadership can change the world.

At 19, with hardly any leadership experience, she started a cleaning business called Student Maid. She never expected it to be her career; it was simply a way to earn money while she was in college. But before she graduated, her company received a contract to clean hundreds of apartments—and it changed her path forever.

She hired a team of 60 people to help her, and within days, 75% of that team quit. That's when her obsession with learning how to be a more human leader began.

Over the next 14 years, Kristen learned a lot by screwing up. But most importantly, she learned how to lead from her heart. Doing so helped her take Student Maid from a small cleaning company to a business known on a global scale for its culture of belonging, its focus on people, and its purpose of building leaders.

Today, she spends her time helping leaders, teams, and organizations around the world embrace their humanity. She has worked in just about every industry, in almost every U.S. state and several other countries, and in hundreds of virtual meeting rooms. Whether she is delivering a keynote talk, multi-day workshop, or facilitating ongoing development, her goal is always the same: to ignite the kind of human leadership that builds trust, belonging, and wildly engaged cultures.

Her work has been featured in news outlets including PBS, FOX, Inc., NBC, TIME, and Forbes. Her book, *Permission To Screw Up*, has sold more than 50,000 copies worldwide. Her first TED Talk has more than three million views on YouTube.

**WANT TO JOIN US?**

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