

Leadership Academy - Train the Trainer Syllabus

Exclusively offered by One Light Ahead® / One Light Academy Inc.
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Course Description

This high-impact, six-week hands-on program is designed for coaches to foster collaboration and co-creation, empowering participants to take consistent, meaningful action toward mastery in both their personal and professional lives.

Throughout the course, participants will engage in dynamic, interactive sessions that explore communication strategies, vision-setting, goal planning, team development, and leadership in real-world contexts. By the end of the program, participants will be equipped with the tools and strategies necessary to lead effectively and inspire their teams to achieve success.

Resources and Team Support

Provided by One Light Academy:

- *Habit Finder Coaching Manual* with QR codes for supporting books:
 - *Today I Begin a New Life*
 - *The Greatest Salesman in the World*
 - *Equanimity: Conquering Mt. Entrepreneur*
 - *The Observer's Chair*
- Leadership Workbook
- A bonded community of professionals celebrating each participant's growth and accomplishments

Provided by You, the Participant:

- An internet-connected device to access course materials at onelightacademy.org
 - Headphones or earphones for group sessions via Zoom
 - Make sure you have a camera
 - A camera-enabled device is required. We suggest using a computer as breakout rooms will be utilized throughout the course for group collaboration.
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What to Expect:

- **Week 1:** Course Commitments, Levels of Communication, Principles of Connection
 - **Week 2:** Communication Growth, DEI (Diversity, Equity, Inclusion), Toxic Leadership, Leadership Types Discussion
 - **Week 3:** Vision and Direction, Significance, Goals, Goal Planning, and Accountability
 - **Week 4:** Setting Expectations, Structure, Managing vs. Leading
 - **Week 5:** Motivation vs. Inspiration: Inspiring Your Team, Team Projects
 - **Week 6:** Team Building, Habit Formation, Power of Caring, Candid Coaching
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Information for Participants:

We strive to create a learning environment where everyone feels respected and is challenged productively. Our commitment is to foster an inclusive atmosphere where all participants are encouraged to contribute, explore, and examine both their ideas and those of others. Each participant is responsible for promoting an environment of intellectual stimulation, openness, and respect for diverse perspectives, backgrounds, and experiences. However, the primary responsibility for maintaining this atmosphere lies with the instructors.

Disclaimer:

The coaches reserve the right to adjust course content and structure as needed throughout the program.

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