

WHAT IS YOUR INNER CHANGE MAKER POWER?

Do you want to launch your own business?

Do you want to lead a transformative change
such as a sustainability projects within your organization?

- 6 weeks of growth with up to 20 peers
- 6 facilitated group coaching sessions (90 minutes weekly call)
- Learning content every session
- First autumn run: October 2023

Will you join? [More info here](#)





WHY?

THE PROGRAM IS DESIGNED FOR

- **Individuals** who are open to explore their inner dimension to lead with greater impact;
- **Professionals** who are involved in the implementation of transformative changes, such as sustainability projects, and who are open to explore the necessary skills and capabilities that need to be transferred to rest of the team, business unit or department for an inner growth of the people involved and thus to lead successfully such a change.

THE TRAINING WILL HELP YOU TO

- Shape your **inner change maker power**
- Focus on **your inner energy**
- Implement your **plans and transformative projects effectively**

THE APPROACH

The training journey will make you experiencing the concepts learned into your real life (90-min-weekly call).

We will move from conceptual to group virtual coaching.

This is not a change management course, but rather it helps you to **mobilize your heart and spirit to act consciously with impact**. Together we will develop your own **Inner Development Map**.

THE LEADING FRAMEWORK

The Inner Development Goals framework will guide our learning program. It is particularly relevant for sustainability projects implemented within organizations (i.e EU Directive on Sustainability Reporting, CSRD) that seek to upskill the Board and the leadership team to deal with the sustainability transition journey.



THE PROGRAM

25.10.23 WED



Shape your inner change maker power
Cultivate and deepen your relationship to your thoughts, feelings and body.

08.11.23 WED
15.11.23 WED



Focus on your inner energy
Develop your cognitive skills by taking different perspectives and making sense of the world as an interconnected whole.

22.11.23 WED
29.11.23 WED



Implement your plans and transformative projects effectively
Explore qualities such as courage and optimism to help you acquire true agency, break old patterns, generate original ideas and act with persistence in uncertain times.

06.12.23 WED



Inner development Map
Design what you need to make your inner development coherent to your heart and spirit and true to your Inner change maker power.

THE TRAINER



Elena Rusci

I am a passionate **change maker**. My vision is a world where the consciousness and soul of individuals evolve hand in hand with the driving transformational change that affects the system we live in. This is what to me resonates being a durable sustainable transformation, because yes, there is a much deeper place within ourselves we need to listen for us to evolve and expand, both as individuals and as professionals.

INFO AND SUBSCRIPTIONS



www.upskilled.ch/shop/p/what-is-your-inner-change-maker-power