



No Bullshit Academy in Köln
Courageous Leadership Training
23, 24 and 25 of April 2020

Programme outline for NBA Köln April 2020
Courageous Leadership
2,5 day training

In this training we will look at:

- Who Am I? What is my Story? And what is my next step?
- Co-initiating, uncover common intent, connect and discover chances.
- Working from: theory-U (www.OttoScharmer.com)

The first phase of theory U is based on uncovering common intent. This is a perfect phase to discover what you have in common and what differences there are. We will look at what we do within our work and life and the Relationships that exist. And then discover a new reality to step into.

Questions we will work on are: What inspires me? What tools do I need to establish good relationships? What can we do together to optimise ourselves and our work? How do we want to work together?

Day 1 - Thursday 23rd April (afternoon)
Who am I and what is my story? Business & private

Flow of day 1:

13.00 Arrival & check in

14.00 Connect to each other with exercise Selfie

14.30 CORE exercise with 4 different questions.

15.30 Tea-Coffee Break

16.00 Inspiration talk by Francesco Mondora
(www.mondora.com)

17.00 Check out

18.00 Dinner together



Day 2 - Friday 24th April

Relationships: with myself, my company and with our clients.

The second day we will take you to a place in Köln where we will do some work. The theme of this day is: Who am I in relationships? How do I communicate and present myself to clients in a No Bullshit-like way?

Flow of day 2:

7.45 Arrival

8.00 Check in

8.30 Introduction and Exercise

10.30 Tea-Coffee break.

11.00 Exercise Evaluation and Learnings

1-What did you learn?

2-What works in your life/work?

3-What does not work life/work?

4-Metaphor - What are the parallels?

5-Present post-its & sharing.

12.30 Lunch

13.30 Exercise Habits & Complaints: What habits am I stuck with in my life and my work.

15.00 Tea-Coffee break

15.30 Connection & sharing walk: in pairs the attendees will go on a walk, with intentional speaking and deep listening.

16.30 Presenting the walk by role-play

17.30 Check Out





Day 3: Saturday 25th April Step into a new reality.

9.00 Check in

9.30 Stories & Best Practices by the attendees
(by playing a game)

11.00 Tea-Coffee break

11.30 Courageous Leadership exercise

12.30 lunch

13.30 Design your (team-)Challenge

14.30 Marketplace

15.30 Tea-Coffee break

16.00 Peer group set-up

17.00 Check out



During these days we will let the attendees experience working with and towards the following questions, ideas and tools:

- Why am I here, what is my focus this 2,5 day's?
- Learning new tools (to use in their daily life)
- Re-connecting tools
- Inspiration
- Culture awareness (Business culture ideas/habits)
- Working together
- Peer to Peer learning
- Sharing tools
- Deep Listening / intentional speaking
- Theory-U
- Design Thinking
- Breaking habits
- Roles
- Having fun

Pre-Assignment

As we strongly believe in journaling during a multi layered training like this we will ask participants upfront (a few days before the actual training begins) to do a journaling exercise based on a few questions.

Post-Assignment/ follow up

At the end of the training we will start a challenge (for instance a team-, personal- or sales challenge) to put the tools you experienced into practice. With a buddy system people will discover each others talents and grow a strong community.



2,5 day NBA Course
23, 24, 25th of April 2020
Köln, Germany

Price € 1195,-
min. 10 and max. 15 participants
The programme is in English

Including

- Workshop activities and materials
- Coffee, tea & lunch.
- 21 day Challenge and personal coaching

Excluding

- Travel to/from workshop location
- Dinner

Please send your wish to join, or any questions
to **hello@nobullshitacademy.com**.



TURNER
time
DIRECTION
HOP
PURPOSE
Self-expression

NBA TEAM



PIETER SPINDER (NL)

is founder of the No Bullshit Academy, founder of Knowmads Creative Business School Amsterdam & wrote the book From Fear to Freedom.



MYRNA HOED (NL)

is founder of the No Bullshit Academy, coach and consultant at Bureau myChapeau & loves to dance Brazilian Forró.

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