

WEEKLY RHYTHM

	FOCUS	FORMAT
SUNDAY		
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		

3 DELIVERY FORMATS

LISTEN



Audio books

Podcasts

READ



Books

Blogs

Articles

WATCH



Interviews

Lectures

8 LEADERSHIP FOCUS AREAS

1. Deliver results
2. Lead yourself
3. Manage change
4. Develop others
5. Cast a vision
6. Make decisions
7. Foster inclusivity
8. Communicate effectively