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COURSE DIRECTORY

LEADERSHIP DEVELOPMENT

FIND THE PERFECT COURSE FOR YOUR COMPANY

**Courses Delivered by JR Coaching
(online and in-person)**

Get in touch



www.joeyra.com



hello@joeyra.com

Transformational Coaching For Leaders – Fundamentals (2 day course)

About This Course

This course will give you a clear idea about what coaching is, how coaching could fit into your life and role, and how it can help to transform your performance and that of your organisation. You will know how to have powerful coaching conversations with your team on any topic using skills based on scientific and practical research.

Outcome

- What coaching is
- How to consciously leverage your presence and coaching skills
- How to create deep and powerful coaching relationships
- Key coaching mindsets and skills
- How to apply these mindsets and skillsets to transform your own impact and that of your organization
- How to have powerful, transformative coaching conversations

Follow up Course

- Transformational Coaching for Leaders - Intermediate
- Coaching Emotions
- Authentic Leadership
- Positive Intelligence

Why This Course

Employees worldwide rate “being a good coach” as one of the most important factors of being an effective leader. Although demand for it is at its highest ever, coaching skills are in short supply.

Leaders and organizations that are equipped with the right mindsets and skills sets are uniquely placed to leverage this competitive advantage, to boost employee engagement, workforce creativity, productivity and performance – outperforming the competition and attracting the best talent.

This course will equip leaders with the mindset and skillset of coaching. Focusing on experiential learning, participants will have the opportunity to practice and receive feedback on their newly acquired coaching skills.

Who Should Attend

- Executives and Senior Management
- Heads of HR / Talent / Organisational Development
- Entrepreneurs
- Experienced
- professionals looking to amplify their impact through coaching but are not yet committed to professional coaching

**Price of this 2 day workshop
(based on 10 participants)**

\$2,000 USD

Authentic Leadership

(3 hour course)

About This Course

This course is designed to unleash your authentic leadership, be a leader in all situations, and lead in your own authentic way. You'll learn how to effectively inspire your teams and boost employee engagement. You'll learn the act of cultivating self-awareness as an individual which creates a culture that is authentic, empowering and develops highly responsible people leading the organisation from different levels

Outcome

- Participants will understand the need to step into leadership to serve their clients, not just the managers
- Management will know how to empower their teams to take up the different leadership stances to boost team performance
- Greater productivity
- Empowerment, ownership and accountability
- Improved teamwork

**Price of this workshop
(based on 10 participants)**

\$500 USD

Why This Course

The old way of thinking around leadership tells us that there are leaders and there are followers. This model results in employees lacking self-awareness, self-responsibility and honesty.

We believe in a new model of leadership. Employees seek meaning, significance and impact in their work. People are more willing to work hard and give their best work to organisation whose purpose they believe in, leaders they can trust, and companies that allow them to step into impact-making roles.

Authentic leadership is the way to profound transformation in the organisation. Each person leads whenever they make a decision that impacts others. Becoming an authentic leader is to deepen the connection with who you are, so that when you have the opportunity to lead, you step up and lead effectively no matter what role you're in. A culture of authentic leadership boosts employee engagement by motivating and empowering everyone to be the best they can be, for themselves, their colleagues and their clients.

Who Should Attend

- Executives and Senior Management
- Individual or teams who are looking for a new and inspiring way of understanding leadership and the impact they can have in the organisations

Communication: Powerful Listening (3 hour course)

About This Course

You will learn how to communicate effectively by deepening your listening skill. Listening is the most important part of communication that can create powerful, positive and lasting connections within workplaces and with your customers.

You will learn the "3 Level" model of listening, how to develop powerful listening skills and how to apply your improved listening skills to impact your relationships with your team and customers.

Outcome

- Becoming a powerful communicator
- Increase workplace effectiveness and trust
- Create better connection with colleagues, managers, clients
- Improved sales and customer satisfaction

**Price of this workshop
(based on 10 participants)**

\$500 USD

Why This Course

Listening is the foundation of great communication and connection. Great communication and connection is crucial for customer and employee satisfaction, higher effectiveness, fewer mistakes and teamwork as well as harmony in the workplace.

As a leader, transformative communication is important in shaping company culture. Trust is built when employees feel like they are being heard, leading to higher employee engagement and motivation. As employee at any level, listening is the key to understanding others and getting to the real issues, leading to better problem solving, conflict management and delivery high quality business results. It is also the number one skill required in sales.

For employees reporting to managers, great listening is important to effectively understand the expected given assignments by managers with minimal follow-up instructions, again leading to an environment of trust and confidence in the team.

Who Should Attend

- Anyone with the desire to improve their work relationships and performance
- Business leaders, owners, managers, and executives
- Anyone in leadership positions
- Anyone working in sales or retail

Personal and Company Values (3 hour course)

About This Course

In this course you'll explore the power of values and how it is demonstrated in the workplace. This course aims to help you discover and share personal values of each team member and align personal values with that of the company's.

Outcome

- Increased connection and trust within the team
- Improved sense of personal purpose at work
- Increased engagement and retention

Who Should Attend

- Executives and Senior Management
- Individual or teams
- Anyone who is responsible for making decision and contribution into the company

**Price of this workshop
(based on 10 participants)**

\$500 USD

Why This Course

Company values are the guiding principles that shape company culture and what's important for the organisation. Companies that are able to articulate its values are better able to rally its employees and customers around a shared mission. Knowing this, many companies now publish their values openly.

However, employees often report that they do not feel aligned with the company's values. When employees' values are out of alignment with the company's, they work with different intentions, potentially leading to divergent outcomes (if employees pursue their own values), or at the least slowing down the company's progress and leading to a lack of employee satisfaction in the workplace (if the company enforces its own values).

People perform at their best and thrive when they find meaning in their work and can express their core values in their workplaces, and when they are able to find alignment between their own values and that of the company's. This does not happen passively, and teams that can generate alignment consciously are able to gain a competitive advantage.

Master Your Mind: Positive Intelligence (3 hour course)

About This Course

By attending this 3 hour workshop, you will understand how your mind is sabotaging you, and how you can tap into your full potential.

Outcome

- Improvement in all areas of individual and team performance
- Higher performance: perform better while
- working less hard
- Improvements in all 12 Emotional Intelligence Competencies
- Improvement in leadership, team happiness and team performance
- Higher sales

Follow up Course

- Deeper dive into Saboteurs – 9 part course
- 7 week Positive Intelligence Program

**Price of this workshop
(based on 10 participants)**

\$500 USD

Why This Course

80% of individuals, relationships and teams are not performing at their potential, due to our own self-sabotage. For most of us, the default patterns of our minds are working against us more than for us, leaving us feeling stuck, with great resistance to us growing and moving forward. It feels like driving with the handbrakes on. Only 20% of team and individual achieve anything close to their true potential.

Your performance and happiness depends on how well you master your mind, defined as Positive Intelligence, so that it acts in your best interest. This course will teach you to master your mind, based on rigorous neuroscience and psychology research. Based on results from hundreds of thousands of previous participants, we have seen that leaders and teams with higher positive intelligence perform better, have high productivity and creativity, increased sales and also lower stress, better mood, low employees' burnout and higher retention.

Positive Intelligence Program

7 weeks to transform your brain

About This Course

Master Your Mind: A 7-week program to permanently change your neural circuitry. Be happier, more effective and reach your potential.

Why this course

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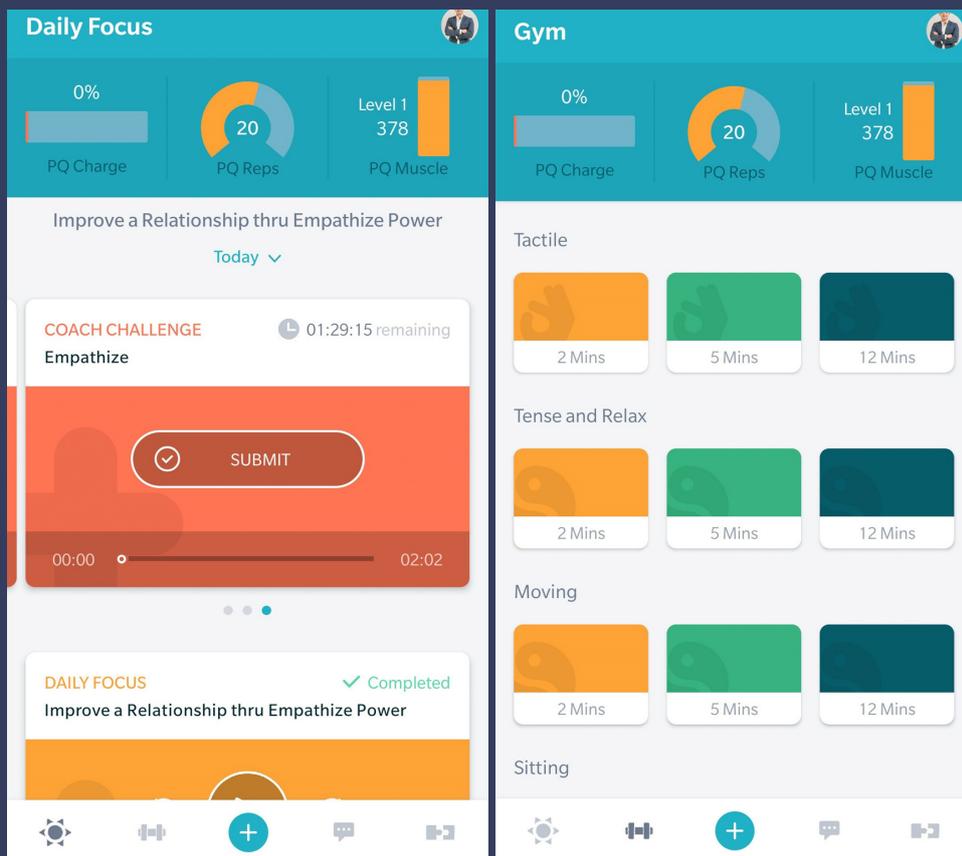
What we now know is that self-sabotage and self-thriving patterns are in different regions of your brain. We can rewire your brain so that it is changed forever to start working for you more than against you.

This 7 week course takes the insights from the 3 hour workshop and provides daily exercises that guide you through a step by step process to rewire your brain, break old and unhelpful mental patterns and completely transform yourself and your team. Forever.

Positive Intelligence Program

7 weeks to transform your brain

What you'll get from this course



Weekly 1 Hour Video Sessions

In highly engaging sessions, Stanford Professor and coach Shirzad guides you through experiential exercises that deepen and personalize your understanding of the mental fitness tools. You leave inspired and energized for the week's daily practices.

Exclusive App Guiding Your Daily Practices

Each day a different focus for daily practice is assigned through a personalized companion app available exclusively to program participants. This builds one small muscle at a time, laying down new neural pathways to form lasting positive habits of your mind. The cumulative impact by program's end is substantial.

Interactive PQ Gym

Innovative 10-second PQ Reps build up your Self-Command muscle. You learn to be clear-headed and calm even in the midst of great challenges, able to command your mind to shift from Saboteur to Sage response.

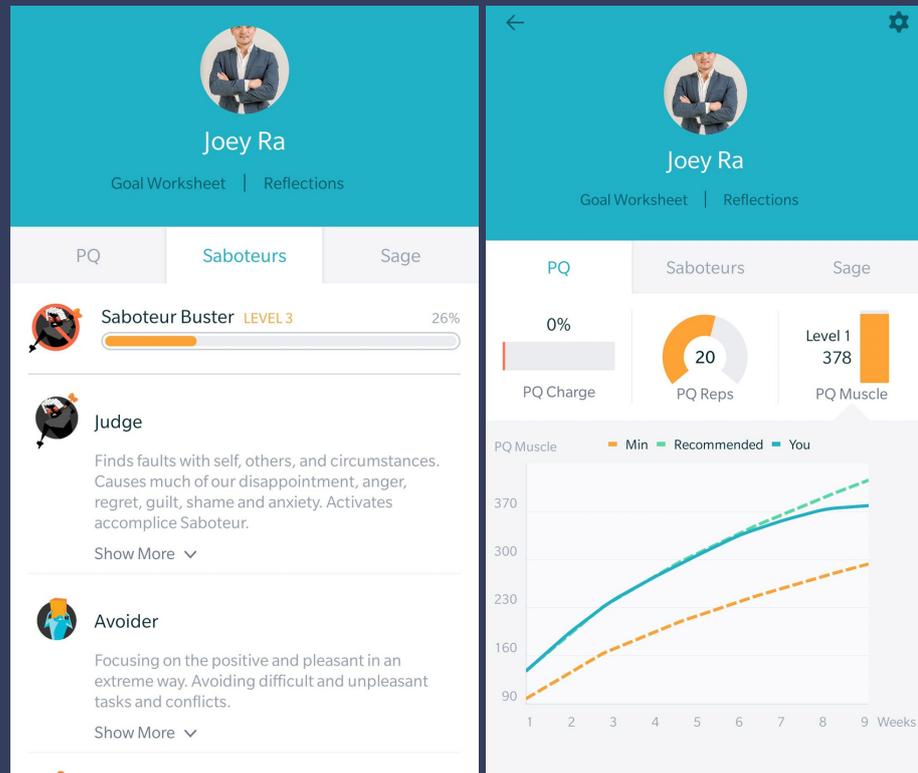
Positive Intelligence Program

7 weeks to transform your brain

What you'll get from this course

Daily Progress Tracking

The app tracks your daily progress against minimum targets associated with new neural pathway (muscle) formation. Personalized daily coaching tips from Shirzad continue to both encourage and challenge you to keep going.



Group Coaching

You will go through this process with a group of like-minded leaders and changemakers.

Joey and his team will help you craft your vision of what your life looks like when you are performing at your potential.

Boosting PQ

Grey matter in "Saboteur" region of the brain decreases.

Grey matter in "Sage" region of the brain increases.

Concretely, it results in:

- 37% more sales
- 31% better performance
- 19% better diagnosis
- x3 creativity
- Happier you

Positive Intelligence Program

7 weeks to transform your brain

Enroll in the Positive Intelligence Program

JR Coaching x PQ

Facilitated growth with Cambodia's top coach

7 week course to boost your PQ
1 year continued access to app
Group coaching with Joey Ra
Daily support and accountability

Course fee: \$1200*

**Limited scholarships available*

Enterprise Plan (Companies of 50+)

For lasting organisational cultural shift

Bespoke transformational program co-designed with Positive Intelligence HQ
Certified PQ Coach to guide Leadership through process
Quarterly CEO Forum with Shirzad Chamine

Are you a CEO or Founder of an SME? Enquire now*

**Recommended that senior management first take the 7 week course*

Get in Touch

If you have any questions, reach out by email at hello@joeyra.com or attend an information session.



www.joeyra.com/PQ Course



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