



gaining self-direction,
clarity, and drive



www.BigSkyWay.biz



LEADING SELF CERTIFICATE

Program Description

Leaders wear several hats: leading their businesses, teams, culture, and self. Leading *Self* can be one of the most overlooked areas of focus for leadership due to the many demands place on one's life.

To transform, we must take a more complete understanding of human psychology and break the chains of subconscious comfort zones. To develop real change, we must learn to lead ourselves by anchoring to core principles, play to our strengths, develop intelligent energy management and stress resilience, and developing strategies and habits that are in alignment with the best version of ourselves.

98% of our
students say

Our education was a
VALUABLE INVESTMENT
in the future of their
organization

Who is this program designed for?

LEADERS ★ TEAM MEMBERS ★ BUSINESS OWNERS

LOOKING TO:

- ★ Kickstart overcoming the stress from being overworked and overwhelmed
- ★ Creating greater balance in their work/personal life
- ★ Gain or regain their edge
- ★ Move past subconscious blocks to success

Educational Delivery

Delivery is LIVE online for 10 sessions (20 Hours)
1-day per week x 2 hours.

\$1,200
value

PARTICIPANTS RECEIVE THE FOLLOWING:

- ★ **CERTIFICATE:** Upon successful completion, participants will receive a joint Workforce Development Certificate from Big Sky Way and Dawson Community College.
- ★ **RESOURCE PLATFORM:** **LIFETIME ACCESS** to the Leading Self Resource Platform, Access to all content covered in class + MORE! Pre-recorded presentations, course manuals, scripts, and exercises.
- ★ **COACHING:** 1 Performance Coaching Session
- ★ **ASSESSMENTS:** Gallup's Clifton Strengthfinder Assessment, Two Normed Stress & Wellbeing Assessments

“
This program
is research
based &
ready to
apply!
”

Principle-Based Growth & Development

Literature reviews have found that over the past several decades, the leadership focus has shifted from character-based principles to 'flavors of the month' techniques. As a result, leaders are adopting the most popular techniques, but lacking in basic human effectiveness. This 6-hour course is designed to provide participants with an inside-out approach to leadership effectiveness by utilizing Dr. Stephen Covey's 7 Habits of Highly Effective People™. Topics in this course will include character development, paradigm shifts, stages of dependence, and a synthesis of Covey's 7 Habits into a working model for personal and work effectiveness.

Strength-Based Growth & Development

The research is clear – when employees become aware, own, and apply their unique strengths at work, they are 6x as likely to be engaged at work, 3x as likely to report having an excellent quality of life, and experience greater productivity and profitability. This 6-hour course is designed to help high performing individuals and leaders identify their talents and find direct application to their day-to-day work and life. Topics in this course will include interpreting participant's Gallup's CliftonStrengths assessment, research on strength-based practices, the psychology of playing to strengths and managing weaknesses, and simple but powerful techniques for applying one's strengths on a daily basis.

Developing Resilience & Intelligent Energy Management

With employee disengagement numbers remaining steady at 70% and job stress costing over \$300 Billion per year, old generation stress management strategies are out of date and new strategies are needed for today's complex work environment. This 4-hour course is designed to provide participants with an overview of the HeartMath® system and techniques for in-the-moment stress resilience and intelligent energy management. Topics to this course will include stress overview, overview of the inner working of the autonomic nervous system, the science to the HeartMath tools and techniques, and multiple rounds of practice to experience psycho-physiological coherence in real time for work and personal.

Strategic Personal Leadership Planning & Execution

Though most people welcome the idea of change, most struggle with the direction, intention, and most of all, the execution of change. This 2-hour course is designed to help high performing individuals create momentum and meaningful outcomes in their personal leadership journey. Topics in this course will include an overview of corporate strategic planning and execution and adapt towards personal leadership development. Further topics will include data collecting, SWOT analysis, TOWS analysis, strategic goal prioritization, and execution mapping.

Mind Garden: The Final Chapter

The roadmap presented in this course is designed to create an outline for successful self-development and growth. Easy in theory, yet hard in reality. The reason so many self-development models fail is because they fail to address that the mind is structured in a way to keep us in a familiar past and predictable future, making true change near impossible. This 2-hour course is designed to help high performing individuals critique their Goal Map and design one that is best suited for success by overcoming subconscious resistance to change. Topics in this course will include why change is hard, techniques for addressing intrinsic motivation, and a new model for growth and development called 'The Mind Garden.'

Instructor

Dr. Eaton holds advanced degrees in business, psychology, and education leadership, and undergraduate degrees in business, psychology, and psychotherapy. Growing up on a large corporate farm and ranch gave Dr. Eaton a running start on all things small business management. After leaving, he has spent most of his career working in, or with, small and medium sized businesses. Inspired by his background in agriculture, Dr. Eaton finds great joy in weaving Big Sky principles into the complexities of the 21st century organization.



Dr. Chance Eaton

Start Your Leadership Journey with YOU!

 <p>LEADING SELF</p> <p>gaining self-direction, clarity, and drive</p>	 <p>LEADING Culture</p> <p>bring life and meaning to 'what we do and how we do it'</p>	 <p>LEADING TEAMS</p> <p>influencing and mobilizing others to accomplish extraordinary outcomes</p>	 <p>LEADING Business</p> <p>strategically build value in your company and create a legacy worth sharing</p>
---	---	---	--

Our Signature Workforce Development Certificate is brought to you in partnership by:

