

ROCKSTAR WORKFORCE ACADEMY

Cohort Style Personal Achievement Acceleration Program

**Unique curriculum builds
foundational interpersonal and
productivity skills among participants
to accelerate overall performance
in life and career.**

Rockstar Workforce has launched a workshop series grounded in its proprietary methodology of Leadership Mechanics™ for fast-tracking development of interpersonal and productivity skills that universally contribute to success across all walks of life and career paths. Each session educates on a different set of foundational skills through interactive, hands-on learning experiences designed to generate participant self-awareness. Within each session, attendees partner with workshop facilitators and cohort colleagues in a guided process to formulate an individualized development and accountability plan for each.

The Personal Achievement Acceleration Program starts from a personal frame of reference to identify a participant's current state of behavioral characteristics. The curriculum then focuses on evolving individual tendencies by enhancing their strengths, or overcoming the perceived gaps. Through the workshops, participants become equipped to expedite lessons learned in target behaviors.

Rockstar Workforce further supports regular application of best practices by staying top-of-mind with participants between sessions via simple messages to reinforce behaviors and build accountability to the leadership habits being formed.



PERSONAL EXCELLENCE PROFILE

Having a deep understanding of your personal strengths and blind spots is the first building block to being a Rockstar. The Personal Excellence Profile uses TTI's comprehensive TriMetrix DNA Coaching report which reveals the strengths and areas for improvement of each participant and provides a development plan to enhance their Leadership Mechanics™.



OUTCOMES

- Uncover your unique behavioral style
- Discover how to leverage your strengths
- Identify and harness blind spots that might hold you back
- Enhance your understanding of how your behavioral style impacts others
- Learn how to make the best use of your excellence profile

SETTING AND ACHIEVING GOALS

Individuals who can set and achieve short and long term goals can set themselves apart from others. Participants are introduced to proven techniques and best practices for setting and achieving goals. We will explore the mechanics of effective goals, and clarify the connection between organizational strategy and the employee's performance initiatives.



OUTCOMES

- Increase the likelihood of setting and surpassing your goals
- Complete your personal and professional goals plan
- Explore and select a method for tracking goals that works for you
- Work with an accountability partner to monitor your progress



DEVELOPING & APPLYING EMOTIONAL INTELLIGENCE

The Harvard Business Review states “the core of Emotional Intelligence is self-awareness: if you don’t understand your own motivations and behaviors, it’s nearly impossible to develop an understanding of others. A lack of self-awareness can also thwart your ability to think rationally and apply technical capabilities.” This session will analyze each participant’s level of EI and develop a method to immediately begin applying EI in their lives.

OUTCOMES

- Learn to control emotions and impulses
- Learn how to communicate effectively during stressful situations
- Learn to empathize with others
- Learn how to maximize the five components of EI
 - Self awareness
 - Self regulation
 - Social awareness (other people)
 - Social regulation (other people)
 - Intrinsic motivation



DYNAMIC COMMUNICATION

Dynamic Communication was designed to help people connect with others, build lasting relationships, and of course, enhance their communication skills. Participants will explore the benefits and application of applying a behavioral communication model into their everyday lives. Each person will learn to recognize, understand, and appreciate others’ behavioral design for enhanced communication, understanding, and deeper relationships.

OUTCOMES

- Learn how communication styles positively and negatively impact others
- Learn how to communicate effectively with all types of people
- Learn to build better relationships through effective communication
- Learn how to maximize three components of communication
 - Understand your own communication style
 - Understand others’ communication styles
 - Understand how best to communicate with all communication styles

THE DETAILS

Expectations of participants:

Participants will be expected to do their absolute best to attend all of the group sessions, to participate in team action learning and to complete all mutually agreed upon assignments in a timely manner. Lastly, participants will be expected to identify and work on personal and professional development initiatives throughout the program.

Commitments from facilitator:

The Rockstar Workforce team will strive to create the best possible environment for learning and developing. The facilitators will place a high degree of focus on revealing and maximizing the potential within each participant.

What people have to say about our programs:

"The program made me more aware of how I interact with my team and how I handle situations. I am more open with my team as well as confident in their work."

—Project Manager, General Contractor

"Great content, worthy of practical application. The team is very professional but fun, and goes out of their way to make everybody feel included and important."

—Strategic Accounts Manager, Commercial Construction

"Adam was wonderful and I really enjoyed being part of the Rockstar Workforce program. I felt I was able to take lessons from each class and apply them immediately to real life situations. A great value for all current and future coaches."

—Manager, Construction

"I have been to a lot of leadership classes and workshops, and this one stands out by far. I appreciated the deep and relative content, mixed with the interactive style of the training which challenges you to put what you learn into practice immediately. I've found myself implementing many leadership techniques from this course into my everyday job and life!"

—Brand Manager, Electrical Contractor



Dates:

See website for upcoming dates!



Meeting time:

7:30am - 12:00pm



Location:

Loop 101 & Princess Drive



Group Size:

12-16 participants



Investment:

\$1,600 per participant

To reserve seats for your leaders or to learn more:



SCAN ME

Text: DEVELOP to 602-587-0800

Email: Support@RockstarWorkforce.com

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