

**MENTORA**

# Leading from Your Inner Core

An immersive 3-day workshop that equips executives with a simple, intuitive and practical method to lead in today's fast-changing times with agility and authenticity

Business leaders have never been as challenged as they are today in advancing their organization's purpose, performance, and people in a complex and fast-changing world. They need to operate with resolution and focus, and yet openness and agility, in a hybrid workplace where mental well-being is reaching new lows and digital disruptions are upending business-as-usual. This requires a change in how we approach our role as leaders.

Mentora Leadership Academy's immersive 3-day Executive Program on Leading from Your Inner Core is designed for executives who recognize that to thrive in today's time, they need to significantly accelerate growth in their personal capabilities and the capacity of their teams. And they recognize that the solution lies in first activating the right energies in themselves and their teams by redirecting thoughts, feelings, mindsets, and intentions — and then expressing these energies via the right behaviors on the outside to drive commitment, collaboration, innovation, and change.



A great and unconventional leadership training which not only enhances measurable outcomes but also equips an individual with inside-outside tools to train the brain such that effective leadership becomes an instinctive habit.

*Senior Researcher, Ericsson*

Join us at this workshop to learn with a group of like-minded executives who are seeking a simple, accelerated approach to tap into their Inner Core and lead with authenticity and agility in today's transformative times.

## FORMAT

In-person

Dates: **October 18–20**

Location: **New York City**

## PRICING

**\$4,450** ~~\$4,950~~ until **July 31**

Enrolling 5 or more people?  
[Contact us](#) for special pricing

## **AS AN EXECUTIVE, DO YOU FIND YOURSELF ASKING "HOW CAN I...?"**

- Accelerate growth in my personal capabilities and the capacities of my team
- Simplify my approach to leadership and make it more authentic to me
- Be flexible and responsive in my leadership approach as conditions change
- Create an integrated approach to how I live and lead
- Grow as a leader by growing as a human being
- Harmonize what I feel and think on the inside with what I say and do on the outside
- Lead people by inspiring them to join me in going on a hero's journey

If you resonate with some of these aspirations, then Mentora's Leading from Your Inner Core workshop will give you a distinctive opportunity for growth, self-discovery, and peer dialogue.



# What you will learn



## INNER CORE

Within each of us is a space of highest potential — our Inner Core. When we are at our Core, we feel most authentic — most true to ourselves. We are beyond ego, attachments, and insecurities.



## FIVE ENERGIES

At our Core, we have access to five Energies: Purpose, Wisdom, Growth, Love, and Self-Realization. Leadership, at its essence, is about activating these Energies in ourselves and others.



## ACTION PATHS

We can activate these 5 Energies in us and in others by using a set of 25+ simple actions. By mixing-and-matching these actions, we can create countless behaviors (action-paths) that help us respond in the best way to the relentless demands of our work environment — by being “everything, and the complete opposite.” The 5 Core Energies keep us anchored on the inside, while the actions make us adaptive on the outside.



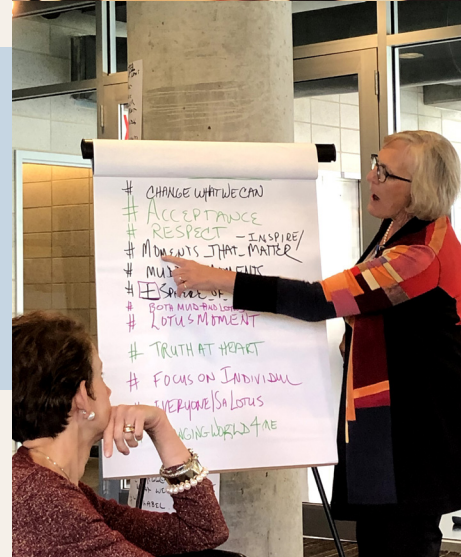
## FLOW OF WORK

By investing 10 minutes of time before critical events, we can set the right intention, activate the right energies, and then execute the right actions to significantly boost our performance at the event to achieve our goals.



What I have learned in this program will improve the performance of our team. These are tools, actions, and tactics that I will apply in my day-to-day life.

*Senior Manager, Accenture*



# The ROI on Leading from Your Inner Core

You will walk away from this program with insights and tools on how to:

- Connect your career pursuits with your purpose and values
- Master your emotions and redirect others' emotions
- Activate a high-performance state in your people
- Make high-impact decisions to support innovation and organizational change by blending the science of strategy with the psychology of decision-making
- Lead with agility in a dynamic business ecosystem
- Become a beacon of light in the midst of uncertainty
- Resolve conflicts smoothly and gain genuine commitments
- Build warmth, trust, and connection within your team
- Foster a climate of constructive candor and psychological safety
- Spark joy and inspiration in those with whom you work
- Deal with outer turbulence from a place of inner harmony
- Infuse strength and resilience in the organizational culture you return to



This training has transformed me as a person. I have gained interpersonal strength since it started. I feel refreshed, renewed, and as though I have unlimited possibilities as I continue on my life journey.

**Mark Odell**  
Director, Advance America



It was so valuable to connect with other leaders and share and hear their challenges and experiences as part of the learning. In a relatively short amount of time, I've gained so much that will be a very valuable part of my leadership toolkit for the future.

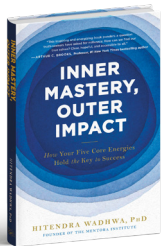
**Nuala Donegan**  
Director, Prism Implementation Worldpanel Division, Kantar



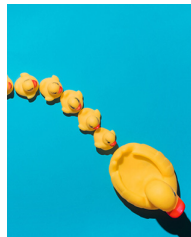


Participants will receive an Executive Program Certificate from Mentora Institute, which can be shared on LinkedIn.

## RECENT PUBLICATIONS FROM FACULTY



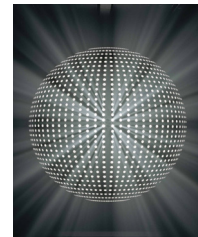
Hitendra's critically acclaimed book, **Inner Mastery, Outer Impact**



Harvard Business Review coverage on how **Small Actions Make Great Leaders**



Harvard Business Review coverage on **What Does Your Company Really Stand For?**



Harvard Business Review coverage on **The Permissionless Corporation**



I felt like I was seeing the best that humanity can be in that room.

*Executive MBA student, Columbia Business School*



This program has expanded my mind to establish a way of operating from my core and projecting the energies that reside there; there is so much freedom in that.

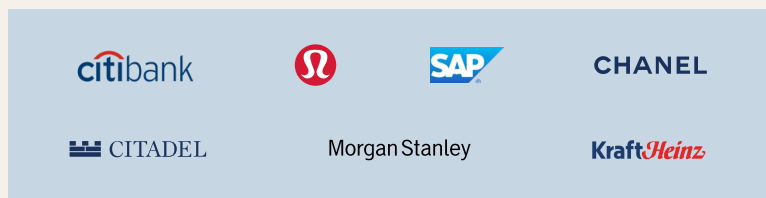
*Senior Learning Designer, Lululemon*

# Introducing Mentora LIFT

As part of this program, you will get exclusive access to Mentora LIFT for 3 months.

## WHAT IS LIFT?

- Mentora's platform for leadership-in-flow technology (LIFT) for accelerating the development of exemplary leaders.
- Based on 15 years of research and teaching at Columbia Business School by Dr. Hitendra Wadhwa.
- Used in training over 10,000 executives at leading corporations.



## HOW LIFT WILL ACCELERATE YOUR GROWTH

LIFT will drive 3 powerful shifts in your pursuit of exemplary leadership:

### 01 Traits to states

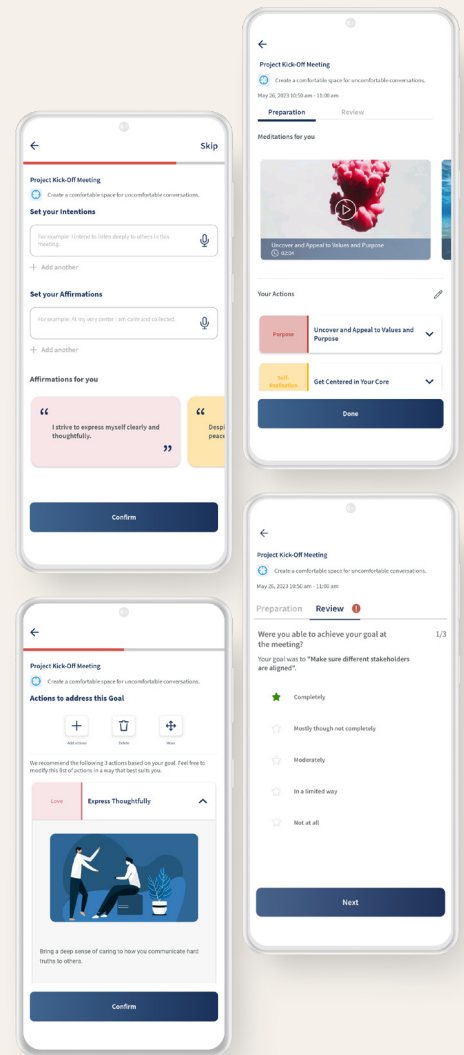
Instead of trying to become someone new by mastering a new trait, focus on activating the high-performance state in yourself and others — the Inner Core.

### 02 Complex behaviors to simple actions

Instead of acquiring a long list of uncomfortable behaviors you have to practice, learn to use quick and intuitive actions that activate the 5 Core Energies in yourself and others in all situations.

### 03 Learning to performing

From learning on the sidelines, focus immediately on performing in the flow of work by preparing your intentions and actions 10 minutes before high-stakes events.



LIFT has made me feel comfortable and prepared. It has opened me up to adapting and pivoting as needed.

*Senior Manager, Ernst & Young*



As time has passed and I've used LIFT for more [high-stakes] events, I've found that due to better preparation and planning, I'm able to more quickly identify when I should use a specific action. Repetition and continued practice have been key to achieving success.

*Marketing Strategy Lead, Accenture*

# Meet your faculty



## HITENDRA WADHWA

*Founder and President, Mentora Institute*

*Adjunct Professor, Columbia Business School*

- Founder of Mentora Institute and Mentora Foundation
  - Author of *Inner Mastery, Outer Impact*
  - 15 years as Professor of Practice, Columbia Business School
  - Formerly Strategy Consultant at McKinsey & Company
  - Founder & CEO of Web 1.0 Silicon Valley startup Paramark
  - MBA and PhD in Management Science from MIT Sloan School
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## PAUL INGRAM

*Senior Faculty, Mentora Institute*

*Kravis Professor of Business, Columbia Business School*

- Research published in more than sixty articles, book chapters, and books
  - Publications have received numerous distinctions, including the Gould Prize from the American Journal of Sociology
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## RITA McGRATH

*Guest Faculty, Mentora Institute*

*Professor of Strategy, Columbia Business School*

- Expert on innovation and growth during times of uncertainty
- Author of *The End of Competitive Advantage* and *Seeing Around Corners*
- Ph.D. from the Wharton School, University of Pennsylvania



This program has exceeded my expectations. Not only did I learn a great deal about myself and how my thoughts, behaviors, and actions have been formed over time, but I am also walking away with clear actions that I can take to become a better leader and a better person overall.

*Strategy & Innovation Leader, Cisco*



# Program structure

## PRE-PROGRAM: FOUNDATIONS

- Finish pre-assigned reading
- Do 5 Core Energies Self-Assessment
- Apply LIFT for 3 high-stakes events

## DAY 1: THE 3 ACTIVATING ENERGIES

- Icebreaker
- Foundations Check-In
- **Purpose:** *Committed to a Noble Cause*
- **Wisdom:** *Centered and Receptive to Truth*
- **Love:** *Connected with Those You Work With and Serve*

## DAY 2: THE 2 CENTERING ENERGIES

- **Growth:** *Curious and Open to New Learnings*
- **Self-Realization:** *Centered in a Joyful Spirit*
- Personal Journey Storytelling

## DAY 3 (1/2 DAY): BECOMING FUTURE-READY

- Performance Lab
- Assessment Report Review
- Growth Partners' Dialogue
- Embedding Leadership in the Flow of Life and Work

## POST-PROGRAM

- Use LIFT for 10 events over 2 months
- Optional 1-hour integration webinar



## About Mentora

[www.mentora.institute](http://www.mentora.institute)

Mentora Institute is a global research, consulting, and training group focused on building character, leadership, and changemaking. Mentora is committed to helping its clients evolve into inspired organizations where people come together joyfully to achieve breakthrough performance in the service of a noble purpose.

Mentora is applying the science of human potential to develop extraordinary, mission-driven leaders and cultures. It works with clients to create sustainable and measurable improvements in performance via consulting to the C-suite, co-design of culture-building initiatives, transformational learning experiences, and tools for driving step-by-step improvements in performance. Mentora's strong team of experts has proven track records in behavioral research, corporate leadership, people analytics, and cultural transformation.

To start a dialog on how Mentora can work with you, write to Jake DeBerry at [jake@mentora.institute](mailto:jake@mentora.institute).

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To join us for this program, [register here](#).

