

# LEADERSHIP TRANSFORMATION ACADEMY PARTICIPANT SCHEDULE



## Segment I: Awareness, Book Resource: Chapters 1 & 2

- Launch
- One 90-minute Zoom
- **Assessment:** *Limiting Beliefs*
- Weekly Self-guided online responses to specific questions about Awareness using the Reflection Questions, PLP-GP, or Assessments
- Complete and submit Reflection Sheets

Segment I: Opening and Awareness			
DATE	ACTIVITY	VENUE	No Limits Chapter Discussion
WEEK 1 6:30 - 8:00 PM EST	<b>Launch:</b> Orientation, Agenda, and Discussion re: Strengths Assessment. <b>Homework:</b> 1) Read Chapters 1 & 2 2) Submit Reflection Sheets	Zoom	Facilitators: Lonnetta Albright, Cheryl Molyneaux
WEEK 2 6:30 - 8:00 PM EST	<b>Mastermind Discussion</b> Chapters 1 & 2 <b>Homework:</b> 1) <i>Take Limiting Beliefs Assessment</i> 2) Read Chapter 3 3) Submit Reflection Sheets	Zoom	Facilitators: Lonnetta Albright, Cheryl Molyneaux  Chapter 1: Do You Know What's Limiting You? Chapter 2: Blow Off the Caps That Limit Your Life
WEEK 3 6:30 - 8:00 PM EST	<b>Debriefs &amp; Overview</b> • De-brief Limiting Beliefs Assessment • Overview PLP-GP <b>Homework:</b> 1) Re-read Chapters 3 & Read Chapter 4 2) Submit Reflection Sheets	Zoom	Facilitators: Lonnetta Albright, Cheryl Molyneaux

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## Segment II: Leadership, Book Resource: Chapters 3 - 9

- One 90-minute Zoom
- **Assessment:** *Thinking Styles*
- Weekly Self-guided online responses to specific questions about Leadership using the Reflection Questions, PLP-GP, or Assessments
- Complete and submit Reflection Sheets

Segment II: Leadership			
DATE	ACTIVITY	VENUE	No Limits Chapter Discussion
WEEK 4 6:30 - 8:00 PM EST	<b>Mastermind Discussion</b> Chapters 3 & 4 <b>Homework:</b> 1) Read Chapter 5 2) Submit Reflection Sheets 3) <b>Take Thinking Styles Assessment</b>	Zoom	<b>Leaders in Action - Practicum</b>  Chapter 3: Energy Capacity Chapter 4: Emotional Capacity
WEEK 5 6:30 - 8:00 PM EST	<b>Mastermind Discussion</b> Chapters 5 & Debrief Thinking Styles <b>Homework:</b> 1) Read Chapters 6 & 7 2) Submit Reflection Sheets	Zoom	Facilitators: Lonnetta Albright, Cheryl Molyneaux  Chapter 5: Thinking Capacity
WEEK 6 6:30 - 8:00 PM EST	<b>Mastermind Discussion</b> Chapters 6 & 7 <b>Homework:</b> 1) Read Chapters 8 & 9 2) Submit Reflection Sheets	Zoom	<b>Leaders in Action - Practicum</b>  Chapter 6: People Capacity Chapter 7: Creative Capacity
WEEK 7 6:30 - 8:00 PM EST	<b>Mastermind Discussion</b> Chapters 8 & 9 <b>Homework:</b> 1) Read Chapters 10 & 11 2) Submit Reflection Sheets	Zoom	<b>Leaders in Action - Practicum</b>  Chapter 8: Production Capacity Chapter 9: Leadership Capacity

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## Segment III: Growth Capacity: Chapters 10 – 20 (excluding Chapter 17)

- One 90-minute Zoom
- **Assessment:** *My Vital Values*
- Weekly Self-guided online responses to specific questions about Growth Capacity using the Reflection Questions, PLP-GP, or Assessments
- Complete and submit Reflection Sheets

Segment III: Growth Capacity			
DATE	ACTIVITY	VENUE	No Limits Chapter Discussion
WEEK 8 6:30 - 8:00 PM EST	<b>Mastermind Discussion</b> Chapters 10 & 11 <b>Homework:</b> 1) Take <i>My Vital Values Assessment</i> 2) Read Chapter 12	Zoom	<b>Leaders in Action - Practicum</b>  Chapter 10: Responsibility Capacity Chapter 11: Character Capacity
WEEK 9 6:30 - 8:00 PM EST	<b>Mastermind Discussion</b> Chapter 12 Debrief My Vital Assessment <b>Homework:</b> 1) Read Chapters 13 & 14 2) Submit Reflection Sheets	Zoom	Facilitators: Lonnetta Albright, Cheryl Molyneaux  Chapter 12: Abundance Capacity
WEEK 10 6:30 - 8:00 PM EST	<b>Mastermind Discussion</b> Chapters 13 & 14 <b>Homework:</b> 1) Read Chapters 15 & 16 2) Submit Reflection Sheets	Zoom	<b>Leaders in Action - Practicum</b>  Chapter 13: Discipline Capacity Chapter 14: Intentionality Capacity
WEEK 11 6:30 - 8:00 PM EST	<b>Mastermind Discussion</b> Chapters 15 & 16 <b>Homework:</b> 1) Read Chapters 18 & 19 2) Submit Reflection Sheets	Zoom	<b>Leaders in Action - Practicum</b>  Chapter 15: Attitude Capacity Chapter 16: Risk Capacity
WEEK 12 6:30 - 8:00 PM EST	<b>Mastermind Discussion</b> Chapters 18 & 19 <b>Homework:</b> 1) Read Chapter 20 2) Read PLP-GP and come with questions	Zoom	Facilitators: Lonnetta Albright, Cheryl Molyneaux  Chapter 18: Growth Capacity Chapter 19 Partnership Capacity
WEEK 13 6:30 - 8:00 PM EST	<b>Mastermind Discussion</b> Chapter 20 Any lingering Q & A re: PLP-GP Explain How Presentations will work	Zoom	Facilitators: Lonnetta Albright, Cheryl Molyneaux  Chapter 20: Your Life with No Limits



**Segment IV: Participants work on PLP-GP**

Segment IV: Participants have 3 weeks to work on PLP-GP-- Due Date: Midnight Saturday, May 3rd			
DATE	ACTIVITY	VENUE	DETAILS
WEEK 14 - 16	<b>Participants work on their PLP-GP</b>	<b>Independent Work</b>	There will be no Zoom session during this period. Facilitators will be available as indicated below.
	<b>Optional</b> TA/Coaching Session if anyone wants to check in regarding their PLP-GP	Zoom	Lonnetta will be available. If no one signs in by 6:45 pm Zoom room will close
	<b>Optional</b> TA/Coaching Session if anyone wants to check in regarding their PLP-GP	Zoom	Lonnetta will be available. If no one signs in by 6:45 pm Zoom room will close

**Segment V: Capstone Presentations and Closing**

Segment V: Presentations, Certificates, Closing			
DATE	ACTIVITY	VENUE	DETAILS
PRESENT 1	~10 – 15-minute presentations	Zoom	Participants will be scheduled for their presentation. The time allotted will depend on the number of presentations.
PRESENT 2	~10 – 15-minute presentations	Zoom	This is an overflow date. Participants will be scheduled for their presentations, and the time allotted will depend on the number of presentations remaining.

Complimentary Individual Coaching Session with Lonnetta Albright			
DATE	ACTIVITY	VENUE	DETAILS
Individual Schedule	<b>Set an appointment for an individual coaching session.</b>	<b>Zoom</b>	The link to schedule your individual session will be provided.