



The Leadership Garage

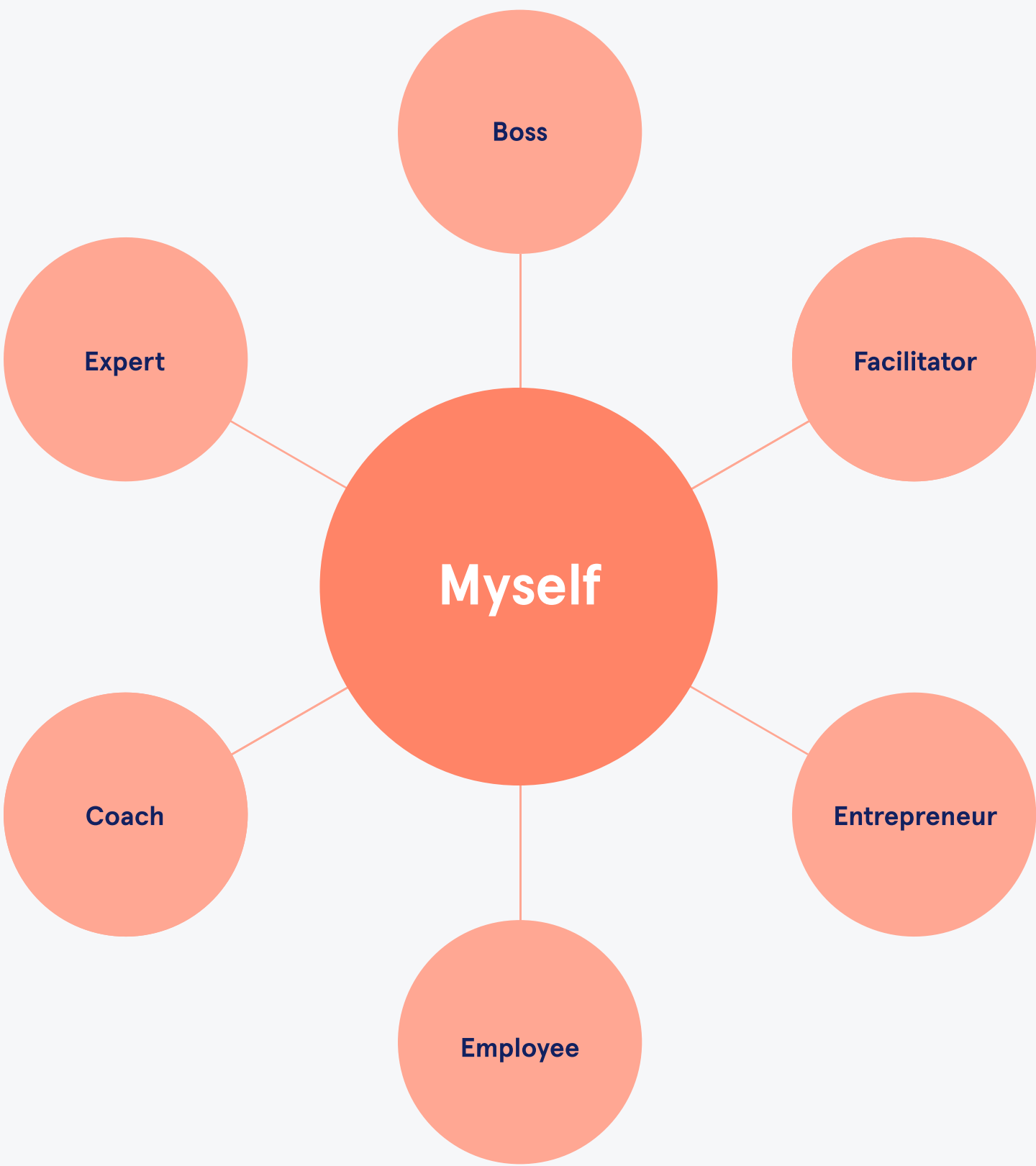
at Urban Sports Club

#BeatTheBlues



The Leadership Garage is a **5 hours remote training for leaders to help them face the new challenges of hybrid work.**

Following the 4Mat principle, this blended training session **includes both theory, as well as exercises** and transfer elements to embed the new knowledge into future behavior.



The Foundation

Becoming a team lead is naturally accompanied by a diversification of roles. **THE 6 ROLES OF A LEADER** framework offers insights into the different responsibilities, respective tasks and focus areas of each role, which we dive deeper into in every training.

The Training Modules

01



Theory Input

Every role is connected to specific responsibilities and tasks.

In the role of the coach, a leader is responsible for motivation, whereas in the role of the boss a stronger focus is placed on delegation and managing performance. **We play** delegation poker, **learn how our motives and values drive our behavior and discuss the change curve of Kübler-Ross, among other leadership tools.**

02



Peer counseling

We invite our leads to bring in a real life leadership challenge from their team (always related to the role in focus of the training session) **and then the rest of the group will work together** as a counsel to show appreciation for the situation **and offer new perspectives for the case giver.**

This experience-based learning format perfectly rounds up the training as all participants can draw from the new theory and develop options to transfer the knowledge into practice together.