

# Altitude Training

## CEU Form

### Program Title

Altitude Training

### Program Description

Welcome to Altitude Training

The best leaders in the world lead themselves to higher levels by calibrating support and challenge to themselves and their teams. We call them 100X Leaders. Leaders who are moving towards 100% health and have learned how to multiply what they know to those they lead.

To explain this, we use the metaphor of a Sherpa on Mt. Everest. The Sherpa people live their daily lives at higher altitudes than just about anyone in the world - which means they can climb higher and longer than normal climbers. They actually have the ability to lead themselves and others up the mountain at the same time.

This is what defines a leader — doing their own work while helping others do theirs for the benefit of all.

Altitude Training is a weekly process that turns good leaders into the best leaders in your organization.

Here's how.

- Access to weekly video training focused on learning & practical tools
- A 100 Exercise focused on helping you improve your personal leadership
- An X Challenge focused on helping you take what you have learned to those you lead
- Access to the GiANT platform
- Altitude Training is a weekly learning system mixed with practical tools to help your leaders get to higher levels of self-awareness and deal with real world issues.

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### Program Learning Objectives

1. Learn the 100X Sherpa and mountain metaphor for leadership to help us set a standard for healthy, productive leadership of ourselves and the people around us
2. Understand the three phases of leadership growth as a journey to Become, Build, and Lead people worth following
3. Learn key tools from the GiANT toolkit
4. Use the GiANT tools you learn to Analyze and Evaluate your own leadership tendencies, goals, and growth areas
5. Apply the GiANT tools and concepts to your own life and leadership to help you maximize your contribution to the team's culture and performance

### Session Duration

26 hours

### Session Instructors

- Jeremie Kubicek
- Steve Cockram
- Hunter Hodge
- Tracy Rader

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## Course Outline

### Onboarding

- Completing Your Profile
- Welcome to Altitude Training Video
- BECOME. Build. Lead. Framework Video
- Basecamp Exercise using the 70/30 tool Video

### Become » Vision + Foundational Tools

- 1 What is your #? (Peace Index + Define Your Next Level)
- 2 Calibrating Support/Challenge – You to Your Family & Team
- 3 Support/Challenge Matrix – You to Yourself
- 4 5 Circles Intentional vs. Accidental
- 5 Know Yourself to Lead Yourself
- 6 Who Says You Can't? – Inhibition vs. Prohibition
- 7 CORE Process Tool (Learning to Become More Self-Aware)

### Become » 5 Voices

- 8 5VS: DYLV (Wksp 1): Voice Order
- 9 5VS: DYLV (Wksp 1): Leadership Insights
- 10 5VS: POV (Wksp 2): Weapon Systems
- 11 5VS: POV (Wksp 2): Triggers
- 12 5VS: AOC (Wksp 3): ROE
- 13 5VS: AOC (Wksp 3): Liberation Statements
- 14 Core Process – Game Plan for the 5 Voices in Life/Team
- 15 The Core

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### **Become » 5 Gears**

- 16 Gears p1: Over-Productive/Under-Present
- 17 Gears p2: Application & Execution
- 18 Gears p3: Triggers/Learning to Shift
- 19 Core Process – Game Plan for the 5 Gears in Life/Team

### **Build » Vision**

- 20 Become. BUILD. Lead. - Liberating Others
- 21 Liberator's Intent

### **Build » Communication Code**

- 22 Communication Code p1 – How to Communicate More Effectively
- 23 Communication Code p2 – Clarification & Challenges
- 24 Communication Code p3 – Listening Audit
- 25 Core Process – Communication Code

### **Build » Maximizing Influence**

- 26 Maximizing Influence p1 – Building Trust
- 27 Maximizing Influence p2 – 5 Voices Connection
- 28 Maximizing Influence p3 – Overcoming Self-Preservation
- 29 Maximizing Influence p4 – Relationship Before Opportunity
- 30 Core Process – Maximizing Influence

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### **Build » Developing Others**

- 31 Developing Others
- 32 Responsive Leader
- 33 Investing Time
- 34 Expectations Scale
- 35 Multiplying Magic
- 36 The Clarity Tool
- 37 The Change Equation
- 38 Overcoming Resistance
- 39 Getting Others to the Next Level
- 40 The Two Sides of Leadership
- 41 Core Process – Game Plan for BUILD for Teams + Intentional Transfer Plan

### **Lead » Vision**

- 42 Become. Build. LEAD. - Maximizing Team Performance

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### **Lead » Culture Killers Undermining Your Influence**

- 43 Go to the Source
- 44 Discretion and Discipline
- 45 Provisional Plan Promise
- 46 Power of the Medium Delegation

### **Lead » Organizations Worth Following**

- 47 Effective Delegation
- 48 Push/Pull Leadership & Coaching Behaviors
- 49 The Performance Diagnostic
- 50 Core Process – Program Takeaways + Wrap-up

**BE INTENTIONAL TO KEEP USING WHAT YOU'VE LEARNED IN YOUR LIFE & LEADERSHIP**