

Unlocking Personal Agility™

Ideal for anyone looking to bring creativity and new ways of operating into their workplace.



BENEFITS OF TRAINING VIRTUALLY

- It's a cost-effective way to train—no travel, no lunches brought in!
- You can schedule, customize and deliver the training from your own computer
- It expands your skillset and increases the value you bring to your company and clients
- TRACOM will train you to teach this curriculum virtually, or we can facilitate it for you

PRODUCT DESCRIPTION

This course helps develop both individual and organizational agility. It teaches participants about the cognitive biases that hold us back and includes specific strategies to overcome them.

It is built on the latest in neuroscience and experimental psychology, but is highly interactive and experiential, leading to a personal transformation in both thinking and action.

The program includes multi-rater feedback through the Adaptive Mindset for Agility Profile Report, so participants get a full understanding of their current Agility strengths and weaknesses as well as direction on how to develop those skills.



Virtual Delivery Options

- One four-hour session
- Two separate 2-hour sessions



Audience

- Executives
- Managers
- Sales Professionals
- Individual Contributors



Assessments

- Online Multi-Rater Agility Profile*

**Requires facilitator to be certified*

We are creatures of habit, and our brains aren't naturally wired to create and embrace change.

- We experience over 50,000 thoughts in a day; 98% of them are the same.
- Our brain is on autopilot nearly 47% of the time.
- Only 20% of Agility is genetic, leaving 80% capacity to learn and develop it.
- Employees who *initiate* change have a 43% more positive impact on their companies than those who simply have the *capacity* to change.

This course helps us address and overcome biases limiting the ability to think and act with agility and innovation.



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Training Agenda Options

ONE 4-HOUR VIRTUAL TRAINING SESSION

- Introduction
- Anchored Mindset vs. Agile Mindset
- Breakout Exercise
- The IDEA Model
- Components of Personal Agility
- Agility Profile Report
- Break
- Strategies for Becoming More Agile:
 - Investigate / Design / Energize / Apply
- Breakout Exercise
- Key Learnings & Next Steps

PARTICIPANTS WILL...

- ✓ Learn what personal agility is and why it's so important
- ✓ Discover what holds them back from being agile
- ✓ Understand the components of personal Agility
- ✓ Become aware of their level of Agility, based on their Profile Report
- ✓ Practice strategies to develop their Agility

THE CLASSROOM IS VIRTUAL. THE RESULTS ARE REAL.

Contact us for help in creating the best virtual training experience for you and your participants.

TWO 2-HOUR VIRTUAL TRAINING SESSIONS

- Session 1*
- Introduction
 - Anchored Mindset vs. Agile Mindset
 - Breakout Exercise
 - The IDEA Model
 - Components of Personal Agility
 - Agility Profile Report

- Session 2*
- Strategies for Becoming More Agile:
 - Investigate / Design / Energize / Apply
 - Breakout Exercise
 - Key Learnings & Next Steps

WHAT'S INCLUDED...

Facilitators receive:

- Facilitator Guide
- Adaptive Mindset for Agility™ Participant Workbook
- Participant Agility Journey Worksheet
- Teaching Resources: Constraints Exercise Cards, Session Evaluation Handout
- Participant Certificate of Completion

Training participants receive:

- Digital Participant Workbook
- Digital Agility Journey Worksheet
- Adaptive Mindset for Agility™ Multi-Rater Profile Report they can download from TRACOM's system

Free certification is available to allow you to deliver this course using the multi-rater profile report. Contact TRACOM for more information.

HELP CREATE OPPORTUNITY IN A CHANGING WORLD

TRACOM defines personal and organizational agility as the capacity to recognize, create and exploit opportunities in a changing environment. Agile companies foster innovation and evolve more successfully than their competitors by capitalizing on opportunities emerging around them.

TRACOM'S AGILITY TRAINING UNLOCKS POTENTIAL

This virtual training program helps individuals overcome the "status quo," "tunnel vision" and other biases we all have, which leads to organizational Agility. The course provides your training participants with the knowledge and strategies designed to increase their levels of innovation adaptability in a changing world.