

A person is seen from behind, sitting at a wooden table and working on a laptop. The laptop screen displays a website with a 'WIFI' logo. To the left of the laptop, there is a white coffee cup on a saucer and a glass of water. The scene is lit with warm, golden light, suggesting a cozy indoor setting.

Tuesday Challenges

A remote Self Leadership programme!

- 100 % remote
- 15 minutes of self development a week for 2 months
- Workshops and Kick-offs
- Coaching by our lead trainer Patrick Stahl
- 8 video challenges

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The Tuesday Challenges

A brief REMOTE SELF LEADERSHIP programme

Concept

"What we really need now, is people who are able to lead and develop themselves – without going away on conferences to get inspired and learn self leadership skills."

We have created **eight video challenges**. Two-minute video challenges to improve basic self-leadership skills, such as prioritising, giving/receiving feedback, stress management etc. Emphasis is on getting into action, rather than digging deep into theory.

Before the challenges, all participants take part **in a remote workshop with Patrick Stahl, to kick off the challenges**, pair up in "challenge buddies" for increased accountability – and learn some basics about performance psychology.

The video challenges then follows, in the HowSpace learning platform. Every Tuesday – participants get a link to follow. They watch a short video – introducing the challenge – and then implement immediately. After it, they share reflections to help colleagues with tips/tricks/ideas. In total ca 15 minutes of self development per week during 2 months.

After completing all challenges, there is a **final remote workshop with Patrick Stahl - to reflect and learn from the challenges**.

Content

- 55 min remote workshop with Patrick Stahl, in Zoom (Kick off, performance psychology, challenge buddies)
- The eight following Tuesdays, participants receive a new video challenge in the HowSpace learning platform (with topics ranging from Prioritising, Coaching, Daily reflections, to asking for feedback and trying out functional mindfulness before a meeting – etc)
- Participants reflect in the HowSpace learning platform; They share how it went, what was hard, and tips/tricks/ideas in general to get it done
- 55 min remote workshop with Patrick Stahl, in Zoom (Reflection, future goalsetting, Next Steps)

After the first workshop, participants will receive a care pack containing the workbook: **Strong 2.0** (on strengths based self-leadership) and ten TODAY-cards.

After the last workshop, participants will receive a care pack containing the workbook: **Reflection 2.0** (on tactical, operative and strategic reflection to improve self-development)

INVESTMENT

The Brief Remote Programme format: The two remote workshops, the eight challenges distributed one per week during two months, two workbooks + ten TODAY-cards per participant

1-10 participants: 29.000:-

11-30 participants: 49.000:-

31-99 participants: on request

Only the video challenges: The eight challenges distributed one per week during two months, in the HowSpace platform

1-10 participants: 9.900:-

11-30 participants: 19.900:-

31-99 participants: on request

Only the video challenges, for implementation in own intranet:

Price upon request

Not included: VAT + shipping cost for books

Are you interested?

Please find out more on our webpage: www.perfectlife.se

- or contact Patrick Stahl directly - patrick@perfectlife.se

Tuesday Challenges

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Challenge #5

Welcome to your fifth challenge, which is about giving feedback using the very simple SBI-method. Let us see what Patrick has to say about this.



Challenge #5

Within two minutes, give feedback to someone (by calling, texting, e-mailing or talking to them in person) using to the

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WHAT WE DO

- Organisational development through strategic change work
- Cultural change to make Values something people live, not just something people know
- Sustainable High Performance - release all potential without burning people out
- Leadership development and Self Leadership development
- Team development and Teaming

What we are passionate about is...



- Our international approach – we almost exclusively work in **international organisations**, with multicultural teams
- Our passion for **bespoke work** – there IS no standard solution
- Our focus on **Strengths Based Development** – building on strengths, not mulling around in weaknesses
- Our focus on **Solution Focus** – we will identify the problems, and work the problems – but we will not waste time on problem sightseeing
- Our focus on **Self Leadership** – if you want to be fast and grow fast you need people to dare make decisions and act on knowledge

And...



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- We are passionate about true **co-design**. Before each step we discuss the process with you, and together we will decide what is the best next step
- Our use of **blended development** - when we cannot meet face to face - we still get the job done through remote tools; flipped classrooms, remote modules/coaching, virtual tool clinics etc
- Success for us is when we see **real action**. From us, from your leaders, from your employees. Everyone matters - and everyone must contribute. Knowing what to do is not good enough, ACTION is required to achieve traction and success
- Our track record! 22 years of **raving fans** - we have fun and we create results, so our clients come back the next time they need help.

Patrick Stahl, Lead Trainer

- 50 years, three wild kids, Swedish
- CEO and Lead Trainer at Perfect Life Group AB, former Senior Partner at the prestigious MiL Institute
- Has consulted in 71 different countries
- Expert on Strengths-based Self Leadership, Solution Focus and Sustainable High Performance for organisational change
- Has done six start-ups since 1998 (from a coffee shop to artificial intelligence in e-commerce)
- Natural sciences + a degree in Business Administration and Economics, has written four books: STARK (2015), REFLEKTERA (2016), STRONG 2.0 (2018), REFLECTION 2.0 (2019)
- Friendly and empathic, but with a brutal focus on getting people into action, from knowing to doing



Emma L & Emma B, backoffice

- Chiefs of Everything at Perfect Life
- Millennials, thus keeping our own development rooted in the new generation
- Background in Business Administration and marketing psychology
- Takes care of, well... everything. From evaluations, baselines, research to reservations, planning, social media



Read more about us at: www.perfectlife.se



References upon request.