



# **STEVE FRIEDLAND ASSOCIATES, INC.**

**NEXT LEVEL LEADERSHIP & ORGANIZATION DEVELOPMENT SOLUTIONS**  
**MANAGEMENT CONSULTING • KEYNOTES • EXECUTIVE COACHING • TRAINING**  
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## **NEXT LEVEL INSTITUTE**

### **NEXT LEVEL LEADERSHIP: Transforming Leaders Inside and Out**

Next Level Leadership (NLL): Transforming Leaders Inside and Out is an advanced leadership development program designed for new and experienced leaders.

Next Level Leadership (NLL) is designed for leaders to pursue their “next level” of growth and development gaining key insights, knowledge, practices, tools and resources from diverse assessments, engaging narratives, real world expertise, reflective activities, contemplative practices and experiential exercises. NLL provides and engages leaders with research studies, models, teachings and practices drawn from a range of worldwide leaders and experts from diverse interdisciplinary fields including leadership studies, communication, learning, human development, and cognitive, social, contemplative as well as health sciences.

*The journey of topics include:*

- Identifying “next level” development in leaders and leadership
- Influence and impact of "next level" leaders
- Assessing and strengthening multiple intelligence Qs--cognitive (IQ), emotional (EQ), and spiritual (SQ)
- Metacognition and consciousness--applying mindfulness, deeper level thinking, introspection, internal and external observational practices
- Applying governing values, peak performance principles and intrinsic motivation science to enhance superior performance outcomes
- Power of intention—aligning goals, means, and actions
- Masterful communication tips to engage, influence, inspire and motivate
- Overcoming barriers to “next level” development and performance
- Contemplative, cognitive, behavioral, interpersonal, and experiential actions and practices to help facilitate ongoing “next level” development and growth

Next Level Leadership (NLL) can also be customized to include scheduled individual **T-sessions**<sup>®</sup> which combines a coaching-counseling process to help individuals identify, explore, address, strengthen, and integrate or advance their individual “next level” development goals and needs.