



Golden Apple
Center for Inner Excellence

“Leadership is the highest possible calling, but as business leaders, we cannot be truly successful until we can manage not just our businesses, budgets and the environment where our people work. We must first learn to manage the business of our own behavior and how we affect others.”

A dynamic process to broaden and deepen your leadership skills, addressing both the challenges of today and the direction of the future. By integrating initiatives to define personal purpose & passions with the impact of collaborative and empowering relationships, participants will gain the capacity to maximize performance through the highest calling of leadership.

***Welcome to the Journey
Transformational Leadership - Summer 2009!***

4-day program

June 2 - 3 and July 7 - 8

Mystic, Master, Mentor - The Advanced Course - GRATIS

(Pre-requisite: completion of the 4-day Executive Coaching Course)

3 Days in San Francisco, all participants are by invitation and this program is a gift, from Golden Apple to the world of mentorship (only fees are travel, instruments, food and lodging)

One-on-One

Some continue to prefer coaching in a one-on-one session, one day at a time. The number of sessions is determined by the participant and what they seek to accomplish. These dates are scheduled according to availability.

“This program has allowed me to grow in ways I did not think were possible in just 4 days - a program not just for future leaders or managers -it is for everyone wanting to grow and become a better person in life.”

Jeff Thompson
Space Initiatives
Manager,
Cisco Systems

Contact jeff@patnaude.com or susanlewis@patnaude.com for registration.

www.goldenapplecoachingcenter.com

Fee: \$5,400 per participant

The Process Includes:

- Developing an Executive Presence – Values, Purpose, Work, Legacy
- Myers Briggs Type Indicator – determines Psychological Type and preference
- The Executive as Coach - Coaching Others according to MBTI
- The Stress Map – an instrument for determining high performance or burnout
- Presentation Skills Training
- Facilitator Training for your own Team Development
- Listening Skills – The Number One Leadership Skill
- Multi-factor Leadership Quotient – an instrument to measure the five qualities of the Transformational Leader
- Dining Etiquette
- Goal setting with accountability
- Weekly One Hour Phone conversation
- Work/Life Balance planning (with Spouse or Supervisor if relevant)
- Final evaluation with Participant's Supervisor

Golden Apple programs are held at Jeff Patnaude's home, Hesperides Farm, (Greek for "Golden Apple") located on a mountain-top of 200 acres in Warrenton, Virginia. Among peaceful trails, a barnyard of farm pets, an 1846 log cabin and the grandeur of the Blue Ridge Mountains, this setting becomes your tranquil retreat for the transformational work of a curious soul.

**All of the Learning Programs offered by Golden Apple
may be held on your site.**

All groups are limited to a maximum of 6 participants and includes all testing instruments, meals and farm facility and an invitation to on-going consultation. Travel and hotel are at the participant's expense.

Are you ready to move from Ordinary to Extraordinary?



7146 Hesperides Drive, Warrenton, Virginia 20186

Contact us at 540-270-6825 or email jeff@patnaude.com