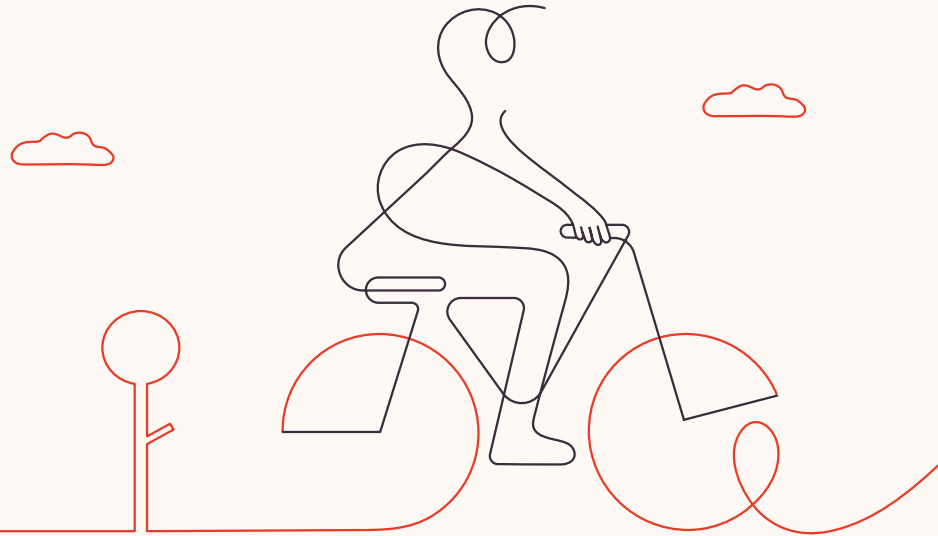


The beginning of the journey

The four formats of Leading with Heart



Leading with Heart; the development programs that will forever change the way your leaders think and behave.



There are four facilitator-led formats that make up the Leading with Heart offering. Each of them has a slightly different flavor - catering to a range of budgets, remote or local teams, and pressures on time - but all of them deliver a highly impactful participant experience.

In addition, we have also developed the Heartstyles App as a companion to Leading with Heart. It is feature-rich and has been designed to help all participants keep their learnings alive, long after their initial program has finished.

Each format begins with the Heartstyles Indicator – an online assessment survey that gives a 360° view of an individual's current behaviors. Having completed the survey, the participant receives a personalized report, a snapshot of how they are 'showing up' in the day-to-day. Results are then unpacked during a Leading with Heart program.



Overview of the four formats



Formats at a glance

	<div style="text-align: center;"> <div style="background-color: #1a3d4d; color: white; padding: 5px; margin-bottom: 10px;">Format 1</div>  <p>Leading with Heart Face-to-face</p> </div>	<div style="text-align: center;"> <div style="background-color: #1a3d4d; color: white; padding: 5px; margin-bottom: 10px;">Format 2</div>  <p>Leading with Heart Virtual</p> </div>	<div style="text-align: center;"> <div style="background-color: #2e2e7e; color: white; padding: 5px; margin-bottom: 10px;">Format 3</div>  <p>Leading with Heart Face-to-face</p> </div>	<div style="text-align: center;"> <div style="background-color: #2e2e7e; color: white; padding: 5px; margin-bottom: 10px;">Format 4</div>  <p>Leading with Heart Virtual</p> </div>
	Small Group	Small Group	Conference	Conference
Why choose this option? →	Best for deep understanding and transformation		Best for large-scale learning	
Format →	Virtual or face-to-face (F2F)		Virtual or face-to-face (F2F)	
Delivery method →	Facilitator-led		Facilitator-led	
Audience size →	10-12		40-100	
Cost →	\$20 per Heartstyles Indicator + facilitator costs (+ event costs if F2F)		\$20 per Heartstyles Indicator + facilitator costs (+ event costs if F2F)	
Time commitment →	Virtual - 8.5 hrs over 4 weeks Face-to-face - 1 or 2 days		1 day	
Preferred audience →	ARLs / RGMs		RGMs	



Introducing Leading with Heart Face-to-face

Small Group



What is it about?

Along with the virtual small group format, this face-to-face facilitated approach is ideally suited to enable participants to engage with Heartstyles at the very deepest level and to come away with impactful learnings that they can carry with them back into their work settings.

Requirements:

Each participant will complete a Heartstyles Indicator prior to the session.

Merits of this format:

- Facilitator-led
- Deep level of understanding
- Personalized individual attention
- High engagement
- High NPS and CSAT score.

Cost:

\$20 per 6-respondent Heartstyles Indicator + facilitator and venue costs.

Please note this is a subsidized price for 2023 and 2024 only.

Recommended for:

ARLs

Numbers of attendees:

10-12

Delivery method:

Small group, facilitator-led, in-person.

Time commitment:

There are 2 options available:

- 1 day (8 hours + two 1-hour follow-up sessions)
- 2 days (14 hours + one 1-hour follow-up session)

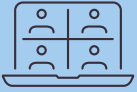
Desired learning outcomes:

- Understand why people do the things they do
- Learn how to develop positive behavior traits
- Be able to make more effective decisions and cope better under pressure
- Develop skills to help build stronger behaviors in their teams
- Become a more self-aware and rounded person – more able to perform to their best, both inside and outside of work
- Accelerated opportunity for transformational change
- Learn from other participants, not just from the facilitator.

For next steps contact
your Market Lead

[Click here](#) for more information





Introducing Leading with Heart Virtual

Small Group



What is it about?

Along with the small group face-to-face format, this is an ideal opportunity for deeper reflection and implementation of new learnings between each session. All of this without the additional venue, subsistence, and travel costs. Suitable for geographically dispersed groups.

Requirements:

Each participant will complete a Heartstyles Indicator before the session.

Merits of this format:

- Facilitator-led
- Low cost format: no travel, subsistence or venue expenses
- Deep level of understanding
- High engagement
- High NPS and CSAT score
- Learnings are bite-sized and time-flexible as program is spread over 4 weeks
- Participants have time in between sessions to live with their learnings, put theory into practice, and maximize the value of each session.

Cost:

\$20 per 6-respondent Heartstyles Indicator + facilitator costs.

Please note this is a subsidized price for 2023 and 2024 only.

Recommended for:

ARLs and RGMs

Numbers of attendees:

10-12

Delivery method:

Small group, facilitator-led, virtual. Preferred platform is Zoom due to breakout room limitations in Teams.

Time commitment:

8.5 hrs of contact time, delivered over a 4-week period.

Desired learning outcomes:

- Understand why people do the things they do
- Learn how to develop positive behavior traits
- Be able to make more effective decisions and cope better under pressure
- Develop skills to help build stronger behaviors in their teams
- Become a more self-aware and rounded person – more able to perform to their best, both inside and outside of work
- Accelerated opportunity for transformational change.

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Introducing Leading with Heart Face-to-face

Conference



What is it about?

Led by 2 compelling facilitators and supported by table coaches, this format is an excellent way for large numbers to experience the Leading with Heart program. The buzz and energy of a live experience, meeting up with colleagues, sharing learnings and ideas is truly unique.

Requirements:

Each participant will complete a Heartstyles Indicator before the session.

Merits of this format:

- Facilitator-led
- Large-scale reach
- Shared experience with other RGMs enhances connection and engagement
- One main event reduces the logistics burden.

Cost:

\$20 per 6-respondent Heartstyles Indicator + facilitator and venue costs.

Please note this is a subsidized price for 2023 and 2024 only.

Recommended for:

RGMs

Numbers of attendees:

40-100

Delivery method:

Conference style, facilitator-led, in person.

Time commitment:

8.5 hour conference + one 1-hour follow-up session

Desired learning outcomes:

- Understand why people do the things they do
- Learn how to develop positive behavior traits
- Be able to make more effective decisions and cope better under pressure
- Develop skills to help build stronger behaviors in their teams
- Become a more self-aware and rounded person – more able to perform to their best, both inside and outside of work
- Learn from other participants, not just from the facilitator.

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Introducing Leading with Heart Virtual

Conference



What is it about?

This virtual format is an excellent and cost-effective way for a large number of geographically dispersed groups to experience the Leading with Heart program. An added benefit is that there is minimal disruption to their working week.

Requirements:

Each participant will complete a Heartstyles Indicator before the session.

Merits of this format:

- Facilitator-led
- Low cost format: no travel, subsistence or venue expenses
- Large-scale reach
- One main event reduces the logistics burden
- Remote teams can take part together without any need to travel.

Cost:

\$20 per 6-respondent Heartstyles Indicator + facilitator costs.

Please note this is a subsidized price for 2023 and 2024 only.

Recommended for:

RGMs

Numbers of attendees:

40-100

Delivery method:

Conference style, facilitator-led, virtual. Preferred platform is Zoom due to breakout room limitations of Teams.

Time commitment:

7 hour conference + one 1-hour follow-up session

Desired learning outcomes:

- Understand why people do the things they do
- Learn how to develop positive behaviour traits
- Be able to make more effective decisions and cope better under pressure
- Develop skills to help build stronger behaviours in their teams
- Become a more self-aware and rounded person – more able to perform to their best at work as well as outside of the office.

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Making the most out of your experience



Transformation doesn't happen on its own. It is an ongoing journey of self-discovery, intentional practice, and commitment to growth. This is made all the more powerful when a Franchise leadership team experiences Heartstyles for themselves and communicates their belief in it throughout the business, right down to restaurant level.

To support every participant, there is a wealth of rich and varied content on the App to help everyone continue their journey of self-awareness and self-reflection. Webinars and eLearning are also available to strengthen their development. For more senior teams executive coaching is available.

Social media content can be accessed here:



Instagram



Facebook



Spotify

One-to-one and ongoing support

Executive coaching

One-to-one results debriefed

Webinars

eLearning

The Heartstyles App



MY HEARTSTYLES EXPERIENCE

“...I’m not just using Heartstyles in my work. I am also applying it to my personal life with my family, my wife, my kids.”

Goh Benjamin Abd Rachim
Area Manager, Pizza Hut Singapore



**For the next steps contact
your Market Lead.**



www.heartstyles.com

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