



SOUND CEO

**Strengthening Personal Capacity and
Strategic Leadership Capabilities**



WELCOME

PROGRAMME OVERVIEW:

Our Sound CEO programme provides a unique space and platform for CEOs to take stock of where they are in life and their contributions as leader. This transformative journey supports leaders in revitalising and strengthening their motivation, aiming to enhance both personal and professional effectiveness for a successful career.

THE CHALLENGE:

Executive leaders continuously face the challenges of making crucial decisions, being responsible for people, and balancing strategic and operational demands. These leaders often experience overwhelming responsibilities, continuous work without sufficient rest, and loneliness in their roles. The continuous change and uncertainty further exacerbate the need to constantly think about new solutions for their businesses and employees. Consequently, many leaders feel tired, struggle to find meaning in their work, and risk burnout. The risk for their business is their sustainable performance and access to the real value of their leader.

OUR SOLUTION

Our programme creates a space for leaders to disconnect, reset, plan an ideal future, and identify ways to increase resilience. We guide leaders to make sense of their reality and plan according to their values, aspirations, and role expectations. This approach ensures sustainable leadership at executive level.





KEY ASPECTS OF THE PROGRAMME

1

Leadership Effectiveness Assessment:

Establishes a baseline for the developmental journey.

2

Leaders Retreat:

A 2-day retreat focused on:

- deep rest
- establishing the group for peer learning
- opportunities for exercise (cycling/running etc.)
- individual reflection
- group conversations

During the retreat, leaders define a 5-year life design plan, setting the course for the rest of the programme.

3

Ongoing Support:

Individual coaching, online group conversations, and accountability lunches facilitate the journey over the next 6 months.

4

Concluding Retreat:

A 1-day retreat to share learnings and celebrate together.

SIG ADVISORY LEADERS FORUM

Subscribing to our Sound CEO programme grants access to the SIG Advisory Leaders Forum, where you can attend regular leaders' events and receive supporting materials from experts in the field of leadership. Additionally, you will enjoy preferential access to our workshops and programmes.



WHO SHOULD JOIN?

- Leaders who want to increase their personal and professional effectiveness
- Leaders who want to increase their resilience to deal with change
- Leaders who are tired and at risk of burnout
- Leaders in need of a career strategy

Our Sound CEO programme provides a unique space and platform for CEOs to take stock of where they are in life and their contribution as a leader. It is a transformative journey to support leaders to revitalise and strengthen motivation. The objective is to improve both personal and professional effectiveness for a successful career.





**For more information and to initiate your journey with
the SIG SOUND CEO Programme, please contact us at:**

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