




# **The Art of Courage**

*Experiential-High Intensity  
Leadership Workshop*



## *Why should you join **The Art of Courage?***

The complex, quick-changing scenarios of today demand that managers step out of their comfort zone and make vital decisions in a very short time. The launch and the selling of a new product, the definition and implementation of an organisational strategy, the development of a new process, or a change in market rules, all require great courage and clear thinking, especially of those who manage budgets and/or people within complex organisations.



Courage and clarity of thinking are abilities that can be cultivated through training and by establishing the right conditions, both personal and organisational. The objective of our course on managerial courage is to provide the fundamental tools to react boldly to unexpected events, to grow one's self-confidence, and understand one's emerging mental models.

## *Are you ready?*

The one-day Experiential-High Intensity Leadership Workshop is addressed to manager and executive that wants to challenge themselves. The ideal participant is a manager that wants to be an active change agent inside and outside the company. Participants are people with a strong desire to develop a unique and effective leadership style.



## *What will I get through this workshop?*

The purpose of Art of Courage seminar is to help participants acquire the necessary abilities to make bold decisions combining personal and organisational leadership; to boost their self-confidence when they get out of their comfort zone; to highlight the mental processes underlying their actions and - finally - to develop solid relationships and create a winning environment.

A person is shown in silhouette, sitting in a meditative pose on a log or rock by the edge of a calm lake. The background is a soft sunset or sunrise over a forested shoreline, with the sky transitioning from orange to blue. The water reflects the light from the sky. The overall mood is peaceful and contemplative.

*At the end of the one-day workshop you will get some useful insight about how:*

- Develop an unique courageous leadership style
- Boost your ability to control emotions;
- Grow your emotional awareness;
- Act decisively in unexpected situations;
- Enhance your ability to operate outside your comfort zone;
- Analyse your strengths and weaknesses in managing yourself and the key relationships in your role;
- Transmit courage and create a winning environment;
- Define concrete action plans in a perspective of personal and organisational growth.

## *Experiential High-Intensity, what does it mean?*

*The seminar is structured as an experiential lab, in which participants will test their ability to get out of their comfort zone.*



*During the morning, through martial-arts metaphors participants will get an introduction to the basic techniques of punch and step by step will be guided in to a real fight situation. You will step into the ring!\**

The purpose of this first part is to introduce participants to a physically, mentally, and emotionally challenging experience, and to let them test themselves in an unfamiliar environment.

Training sessions alternate with moments of debriefing, whose purpose is to maximise the learning process and to introduce participants to the contents of the second day.



*During the afternoon session, you will reflect on your change management pattern and you will be guided in a step-by-step process to boost change in your organizational environment and in your leadership style.*

\* To join the experiential training you need minimum fitness ability, everyone with not health problem can joint the training.



## *Who will lead the workshop?*

Gregorio Di Leo is an organizational psychologist and leadership development consultant, trained at CTI London (Coaching Training Institute). He divides his professional time between managing the faculty of ISTUD Business School and teaching an innovative training methodology of his own creation (Intensive Point Fight Training), currently present in over 20 countries.

As a professional consultant, Gregorio helps individuals and organizations to act more courageously, leave their comfort zones and obtain better results. During his career he consulted an incredible number of national and multinational companies across many different industries and coached senior VP and CEO. Gregorio is lecturer at the most prestigious Business School In China (Tsinghua University China) and at LINKs community in Denmark.

Gregorio has completed various specializations in organizational leadership, strategy, personal development and mental training in the US at Boston University and Wharton Business School. He holds a M.D. in Organizational and Social Psychology from the University of Padua.

5 times Kick Boxing World Champion, during his career he has held seminars in Italy, Norway, the UK, Belgium, Germany, Korea, Chile, Brazil, Canada, the US and China...

## ***Programme***

9.30 - 10.00

Workshop Introduction

10.00 - 13.00

Experiential Training through martial-arts, metaphors and fight analogy

13.00-14.00

Lunch

14.00-17.30

Leadership Workshop: Leadership Styles, Creating Value and Improving performance, how to build a personal vision.

**Dates**

20 November 2015

**Location**

**Price**

7.000,00 RMB

The programme fee covers tuition, articles, case materials and lunch.



## ***ISTUD Business School***

ISTUD is an independent Business School that has a long history - more than 45 years - in the field of management education. ISTUD has an industrial heritage, it has been founded by companies and it belongs to companies: Angelini Group, Assolombarda, Chiesi Group, Dompè, Elica Group, Generali Group, Intesa SanPaolo Sapio, Sea, Telecom among the others.

ISTUD represents a unique opportunity for executives, entrepreneurs, managers, professional to enhance their international exposure and to work on their issues, build capabilities, inspiring growth, think courageously and prepare for the future. To learn from Italian and international enterprise that have developed excellences and new ways to respond to global opportunities and challenges.  
<http://www.istud-international.com>



# The Art of Courage

To join the Art of Courage, please fill in the enrolment form. If you want more information please contact ISTUD Business School:

Mail us at: ISTUD Business School  
Strada Nazionale del Sempione Oltrefiume, 25  
28831 Baveno (VB) Italy  
www.istud.it - E-mail: info@istud.it  
Call us at: +39.0323.933801 - Fax us at: +39.0323.933805

Registered Name of Company .....

First Name .....

Last Name .....

Job Title .....

Address .....

City ..... Zip .....

Telephone ..... Fax .....

E-mail .....

Invoice Address (if different from above) .....

.....

**I would like to sign up for FIRST in Line € 1.000 +VAT or RMB 7.000**

## **Payments method:**

- bank account: Fondazione ISTUD per la cultura d'impresa e di gestione c/o INTESA SANPAOLO S.p.A. Filiale 03804 - STRESA, PIAZZA DR FELICE POSSI - IBAN: IT06 L 03069 45680 000001044183 - BIC: BCITITMM

**Payments terms: Payments must be received before 13 November 2015**

**Data Protection: Personal data is gathered in accordance with lex 196/03 paragraph 13 (Italy).**

# The Art of Courage

## ART OF COURAGE

### Payment, Admissions and Cancellation Policies

**General:** All classes and discussions are conducted in Chinese and English. ISTUD Business School reserves the right to use photos taken during seminar activities for promotional and educational purposes.

**Health Insurance:** It is expected that participants have their own health insurance, valid in China. ISTUD Business School is not responsible for medical expenses incurred by participants during the program.

**Cancellations:** To receive a full refund of tuition, notice of cancellation must be received more than 30 days in advance of the program start date. Participants who cancel less than 30 days in advance will not receive a refund but may nominate an acceptable substitute.

ISTUD Business School reserves the right to cancel a program at any time for any reason. In the unlikely event of a course cancellation, paid program fees will be refunded, but the School is not responsible for any travel or other related expenses accrued by the program registrant.

This Agreement is governed by Italian law. For any disputes relating to the drafting, interpretation, performance, and termination of the above, the Court of Milan shall have exclusive jurisdiction.

**This agreement must be returned, fully executed by authorized representative, as follows:**

by mail to the following address:

Fondazione ISTUD per la cultura d'impresa e di gestione

International Office

Strada Nazionale del Sempione Oltrefiume, 25

28831 Baveno (VB)

or by fax to: +39 0323-933805 or by e-mail to: info@istud.it

\*Applicant Name:

Company seal

Signature of authorized representative

**ISTUD Business School**  
**Strada Nazionale del**  
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**28831 Baveno (VB)**



ISTUD Business School