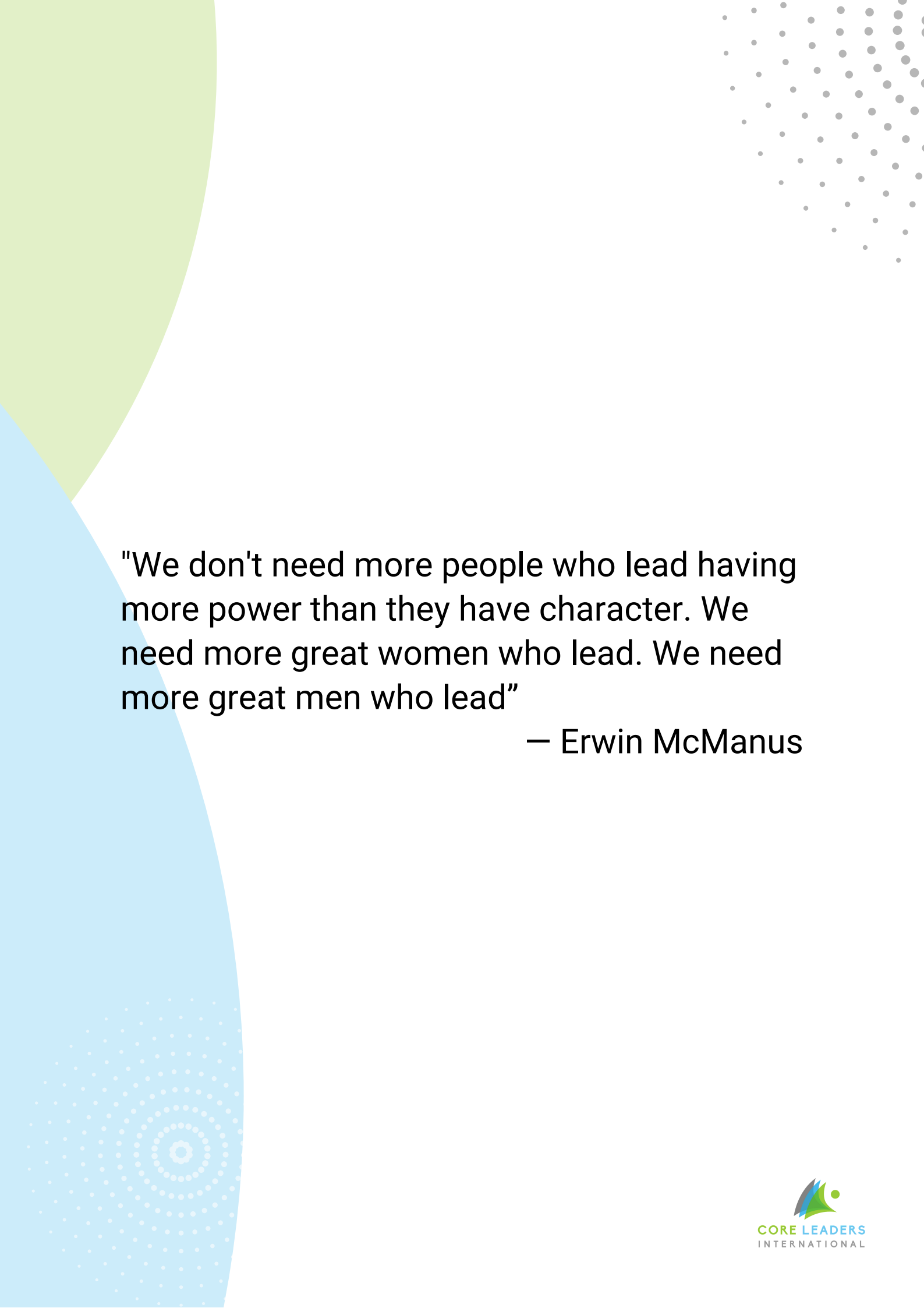


PERSONAL MASTERY . TRANSFORMED LIVES . BETTER WORLD



# THE **Personal Mastery Academy**

[www.coreleaders.co.uk](http://www.coreleaders.co.uk)



"We don't need more people who lead having more power than they have character. We need more great women who lead. We need more great men who lead"

— Erwin McManus

A portrait of Obi Abuchi, a Black man with a beard and glasses, smiling. The background is white with a pattern of small grey dots in the top right corner. A green curved shape is on the left side of the image.

## a word from **OBI ABUCHI**

When I was 18, a mentor of mine gave me a copy of Stephen Covey's book - 7 Habits of Highly Effective People - and I couldn't put it down. I made copious notes, completed all the exercises in the book, and literally set upon a path of learning as much as I could about the topics of leadership, personal growth, and personal effectiveness.

I began searching for the secret to the sort of leadership that is truly resilient, inspiring, and transformational. As part of that quest, over more than two decades, I've had the privilege of speaking at conferences, leading teams, and coaching and training 1000s of leaders across the globe within public, private and voluntary sector organisations, including corporate giants like Shell, Deutsche Post DHL and Tesco, equipping them to improve performance by redefining and shaping how they engage and inspire their people.

I've led teams in designing leadership programmes that have rolled out to more than 70,000 leaders across a global organisation.

All of that has led me to this discovery – PERSONAL MASTERY is the foundation of all leadership that is truly resilient, inspiring, and transformational.

A handwritten signature in black ink that reads "Obi Abuchi".

Obi Abuchi



# THE CRISIS

A background image of a man with a grey beard, wearing a blue striped shirt and a red tie, looking down with his hands on his head in a gesture of stress or frustration. The image is overlaid with a semi-transparent blue and green graphic on the left side.

Despite more than \$366Bn being spent on leadership development annually globally, we still have a crisis...

"Nearly 60% of leaders reported they feel used up at the end of the workday, which is a strong indication of burnout."

-DDI's Global Leadership Forecast 2021

"85% of employees, across the globe, are not engaged or actively disengaged at work."

– Gallup State of the Global Workplace Report 2020

"Far too many leaders are consumed with addressing the volatility, uncertainty, complexity and ambiguity of their external world and pay very little attention to the VUCA within."

-Obi Abuchi





## WHAT IS THE SOLUTION?

**Personal Mastery** is the foundation of all leadership that is truly resilient, inspiring and transformational.

When you have high levels of personal mastery you:

- Achieve better results with optimum energy and flow
- Build healthier and stronger relationships
- Create higher performing teams who are better equipped to navigate seasons of tremendous change
- Demonstrate greater resilience to anxiety, stress and burnout
- Experience greater confidence in handling new tasks and taking on new responsibilities
- Feel an increased sense of personal fulfilment and satisfaction.

## THE PERSONAL MASTERY ACADEMY...

... is a membership programme that gives leaders incredible access to our coaching, training, and online development solutions while connecting with a dynamic, global community of purpose-driven leaders committed to personal mastery, transformed lives, and a better world!

# WHAT DOES IT ENTAIL?

**A 12-month journey of learning, coaching, and rediscovery including:**

- A 5-day in-person launch event in London
- Energy Leadership Index Assessment + 90-min debrief
- 12hrs of self-navigated exploration of the Live and Lead from Your Core content
- 9 x 2hr Virtual Masterclasses
- 9 x 2hr Virtual Mastermind and Group Coaching Sessions
- 9 x 1hr Career Development Webinars with Industry Leaders
- Complimentary copies of 'Leading from Your Core'
- Delivery of a professional and personal development objective
- Peer-to-peer networking and accountability
- Optional one-to-one mentoring with a senior business leader

## TOPICS TO BE COVERED INCLUDE

- Winning F.A.S.T.E.R.
- Boosting Your Resilience
- Leading from Your Core
- Communicating with Presence
- Integrating Feminine and Masculine Leadership Traits
- Developing Your Gravitas and Presence as a Leader
- Overcoming Impostor Syndrome
- Honing Your Influencing Skills
- Storytelling for Impact
- Mastering Your Time and Energy
- The Leader's Mindset Shift
- Leading through Trauma

# WHAT DOES A TYPICAL MONTH LOOK LIKE?

	Week 1	Week 2	Week 3	Week 4
MONDAY	Read/Listen to Chapter 1: <b>It's Costing Us</b> from <b>Leading From Your CORE</b>		Lunch Webinar with Guest Speaker: 12-1pm	
TUESDAY		Mentoring Catch-up: 12-1pm		1:1 Personal Mastery Coaching Session
WEDNESDAY	Complete Module 1: <b>A New Direction</b>			
THURSDAY			Group Coaching with your Cohort 9-11 am	
FRIDAY		Masterclass: <b>Winning F.A.S.T.E.R</b> 9-11am		Q&A Session: Making the most of The PMA

Activities in **BLACK** indicate they are mandatory and activities in **ORANGE** indicate optional extras!



## WHO IS THIS FOR?

The Personal Mastery Academy is designed to help emerging leaders and entrepreneurs unlock their leadership excellence from the inside out.

There are 3 distinct cohorts based on career and leadership experience.





# HIGH POTENTIAL ENTRANTS

FRESH GRADUATES  
APPRENTICES  
TRAINEES  
0-3 YEARS EXPERIENCE

COHORT

01



FIRST LINE MANAGERS  
JUNIOR EXECUTIVES  
HIGH POTENTIALS  
EARMARKED FOR SENIOR ROLES  
2-6 YEARS EXPERIENCE

COHORT

02

## EMERGING LEADERS



# ENTREPRENEURS TECHNICAL LEADERS

FOUNDERS  
TECHNICAL MANAGERS  
6-10 YEARS+ EXPERIENCE

COHORT

03



# WHO ARE THE SPEAKERS?

## Obi Abuchi

Obi Abuchi is the CEO of CORE Leaders International, founder of the Personal Mastery Academy, and author of several books, including *Leading from Your Core*. He is an NLP Practitioner, Resilience Coach, and a Transformational Speaker with an obsession for helping leaders grow in the area of personal mastery. He has coached, trained, and worked with leaders in corporate giants like Shell, Deutsche Post DHL, and Tesco to improve performance by redefining and shaping how they engage and inspire their people.

## Bodhi Aldridge

Bodhi sold his legal practice in 1999. Even though he was successful in many people's eyes, he wasn't being his magnificent self. In trying to work out why, he realised that he was living someone else's dream and not paying attention to his own. He invested significant time and money in training with world renowned leaders in Leadership Development, Systemic Constellation Work, Psychotherapy, Coaching, and the Art of Presence. Now, Bodhi teaches leaders how to develop presence, open their hearts, and integrate their masculine and feminine energy so they can start paying attention to what matters most.

## Titilayo Ameh-Hill

Titilayo is a Psychotherapist, Biofeedback Practitioner, Executive Coach, and the founder and CEO of Devine Holistic Health. She is a member of the British Association for Counselling and Psychotherapy (MBACP) and specialises in areas such as Personal Development, Anxiety, Depression, Stress, Burnout, and Low Self-Confidence. Her pursuit of holistic well-being began when she realised how the impact of unhealed trauma and an imbalance in her life prevented her from building meaningful relationships and fulfilling her purpose. Now, her mission is to empower people to conquer trauma and overcome mental and emotional barriers so they can excel in life and at work.

## Ronke Kokoruwe

Ronke trained as a barrister and then qualified as a solicitor after obtaining a Masters from the London School of Economics. She is now on a mission to use all of her skills, knowledge, and experiences to champion leaders in having a greater impact, a greater vision, and a greater voice. She has since become a certified executive coach, a speaker, and the founder of iVerbalize, which is a public speaking and communications training and coaching business committed to equipping leaders to connect deeply with the power of their unique story.

## Toye Oshunbiyi

Toye is the founder and CEO of Business Leaders Coach. He worked and led for many years in the field of sales and recruitment and during that time developed a passion for leadership, organisational development, and team dynamics. He has now been coaching and training leaders for over 20 years, as well as speaking, delivering, and facilitating workshops and seminars on leadership development and management principles. He is motivated by the belief that entrepreneurs and businesses are critical to society and must constantly be at their best, and, ultimately, organisations that have great leaders become great companies.

## Perry Timms

Perry Timms has over 30 years of experience in business change and performance with the last 20 being in HR/Organisation Development. He ranked Number 1 in HR's Most Influential Thinkers 2022 (his 5th inclusion in that list), is a 4x Guest Professor, a 2x author and 2x TEDx speaker. Perry founded People and Transformational HR 10 years ago and the venture is now a Certified B Corporation, a Gold Standard 4-day Working Week, a Living Wage employer and a Climate Positive enterprise. Perry is a Chartered Member of the CIPD and a Fellow of the RSA.



## OUR FANS

The teams at these companies love us!





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**SIGN-UP HERE**

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