

Leader of Myself: Unleash my Potential with Proactivity and Positivity



**Performance
Technology
Solutions**

Facilitator: Diane Fryman

- **Organisational Psychologist**
- **Internationally recognized business coach, trainer, consultant and speaker for 25+ years**
- **Entrepreneur:** in 2002, Diane founded [Performance Technology Solutions](#), a company that offers ad hoc integrated solutions to top multinational EMEA companies to improve individual, group and organisational performance
- **Adjunct professor and coach at Business School** (Master "Leadership & Empowerment")
- **Adjunct professor at the European School of Economics** ("Entrepreneurial Management and Leadership" and "Organizational Communication")
- **Founding member** of Professional Women's Association **PWA** and **Toastmasters** first club in Italy



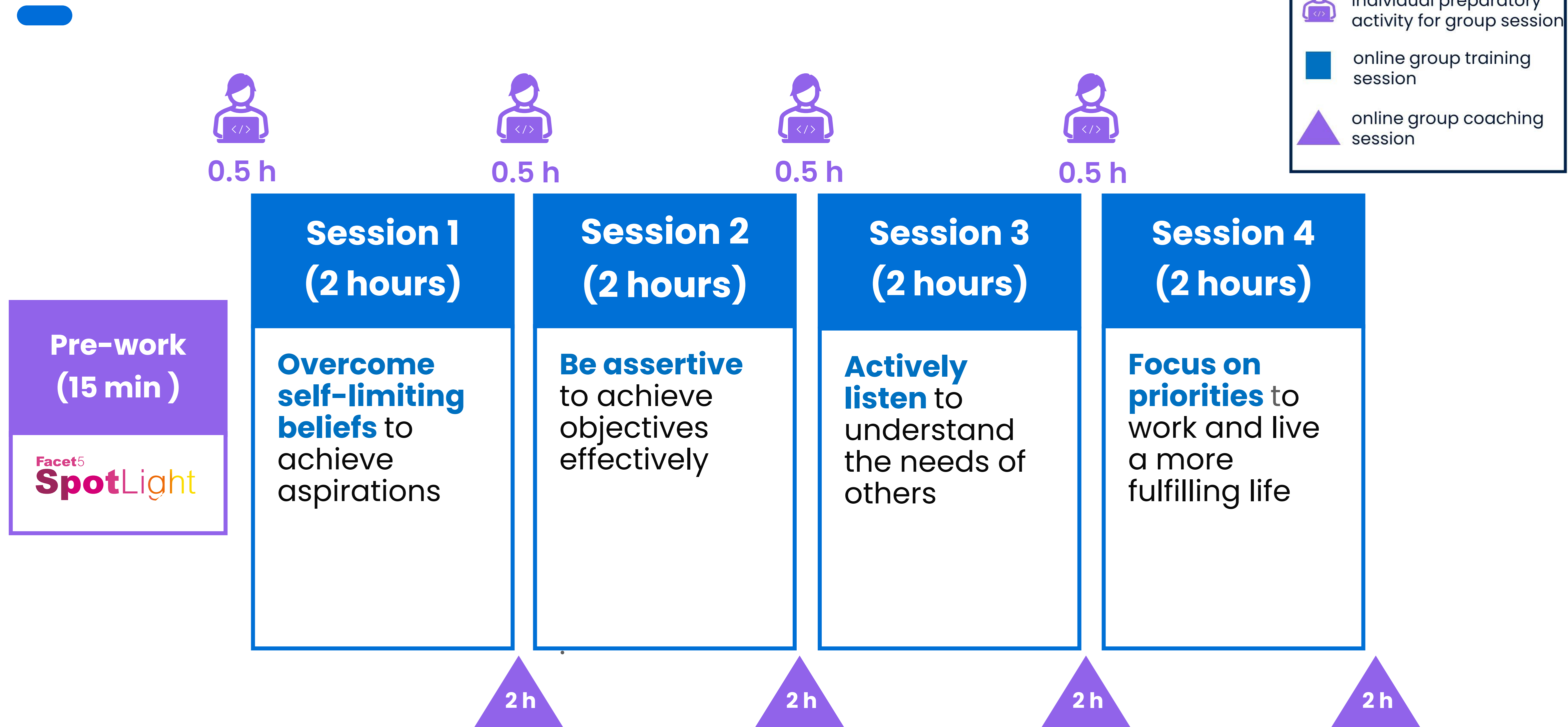
Some testimonials

- "Diane is a brilliant trainer, able to continuously **engage** a classroom of professionals from entirely different backgrounds and experience. She had a **very positive impact** on my professional skills, soft skills and personal projects."
Maria Charrouf – Account Director – Jellyfish
- "Diane's training sessions were **engaging** and direct covering a wide range of **practical issues** we were able to **apply immediately**. The coaching sessions were useful for raising my **self-awareness** that helped me to better focus on key development areas in order to **achieve results, motivate** people and **go beyond expectations**."
Dario Anatilopan – Air Time Sales Director – Warner Bros. Discovery

Objectives of the program

- Become **aware** of the **self-limiting beliefs** that impact your life and adopt **techniques** to overcome them
- Identify your **natural communication style** and become flexible in **adapting it** according to the objectives
- Improve your **active listening** skills to identify the **needs** of your counterparts
- Take a **proactive approach** to setting and managing your work and personal **priorities**

Overview of the structure of the program



Detailed structure of the program: pre-work

- Before the program starts, you will fill out **Facet5 SpotLight** an **online questionnaire**, validated at an international level, to increase your **awareness** of your strengths, risks, frustrations and challenges related to your individual style
- In particular, the questionnaire analyzes the following aspects:
 - ✓ Making decisions and setting goals
 - ✓ Involving and consulting others
 - ✓ Focusing on people and tasks
 - ✓ Managing your work and your commitments
 - ✓ Managing stress and identifying risks
- You will receive your **individual report** in advance to review and note any questions to explore further during the first group session



[Click to download a Sample Report](#)

Detailed structure of the program: group sessions



- Each week of the **online program** includes a **2-hour group training** session and a **2-hour group coaching** session, with individual preparatory activities in between (total **16 hours**)
- This integrated training and coaching approach maximizes **learning, engagement, accountability** and **long-term results**. You learns **new techniques** and receives **feedback, motivation** and **assistance** in **applying** your knowledge to your specific situation
- At the end of each session, you will update your **individual development plan** to motivate you, hold you **accountable** for your objectives, and **track** your progress and results that you can **share** with others

Dates for the November 2024 Edition of the Program

Session	Date	Time (CET)
Session 1 Group Training	5-11-2024	17:30 – 19:30
Session 1 Group Coaching	7-11-2024	17:30 – 19:30
Session 2 Group Training	12-11-2024	17:30 – 19:30
Session 2 Group Coaching	14-11-2024	17:30 – 19:30
Session 3 Group Training	19-11-2024	17:30 – 19:30
Session 3 Group Coaching	21-11-2024	17:30 – 19:30
Session 4 Group Training	26-11-2024	17:30 – 19:30
Session 4 Group Coaching	28-11-2024	17:30 – 19:30

What you will receive from the program

- **Facet5 SuperSkills individual report:** unlock insights to boost your self-awareness, identifying your strengths and pinpointing areas for growth
- **Comprehensive PDF workbook:** elevate your skills with self-assessment questionnaires, engaging exercises and activities, a learning log and a personal development plan to complete during the program
- **16 Hours of live online group training and coaching:** dive into dynamic, interactive sessions that are conveniently recorded, ensuring you never miss out, even if you can't attend live
- **Personalized Feedback:** benefit from constructive, tailored feedback from both the expert facilitator and your fellow participants, helping you to refine and enhance your skills