

## ACUITY MD

An executive forum for Managing Directors of SMEs

### Programs

A half day per month meeting with peers, with a focus on strategic thinking, leadership, personal awareness, and business development.

### What's Included

Expert facilitation, access to online resources, and light refreshments.

### Benefits

Professional and personal development, new peer-to-peer relationships, strong networks, and heightened awareness.

### Fees

Please contact Acuity.

Acuity MD is an open forum for managing directors and general managers of small to medium sized businesses where you will develop a network of like-minded colleagues, share wisdom, and extend yourself in a stimulating environment.

A new topic will be introduced each month, with an open discussion allowing questions specific to you in order to clarify your understanding.

Facilitated by experienced Acuity business coaches, you will

- gain a better understanding of yourself and your behaviour
- enhance your leadership skills
- develop mindful self-awareness
- learn how to perform better under pressure
- learn how to manage your energy more effectively
- learn how to think more strategically

# TOPICS

## Introduction & Fundamentals

Purpose, outcomes and individual agendas

Agreements

Emotional styles

Leadership strengths and weaknesses

## Emotional Regulation

Understanding and theory

Relationship to stress

Stress management

Meditation

Process for changing emotional habits

Understanding and dealing with Perceptions

## Decision Making

Thinking Fast and Slow – Daniel Kahneman

Heuristics and their influence on biased decision making

Decision making framework and process

Issues relating to money and risk

## Strategic Thinking

Tools – Capacity, Macro Workflow, Ansoff, Pestel, SWOT Positioning, Lifecycle

Purpose, vision and objectives

Reality testing

Action planning and implementation

## Managing Energy

4 Elements – mental, emotional, physical and spiritual

Costs and benefits

Optimism and pessimism

Purpose, belief systems and values

## Mindfulness

Techniques and practice

Content and context

Staying in the present moment and attention

## Communication

Language patterns and listening techniques

Body language

## Problem Solving

Framework, process and implementation

## Summary

Recap on what have you learnt

How are you implementing these new skills?