

POI IMMERSIVE EXPERIENCE
FOR GROWING LEADER-LED COMMUNITIES
OUR PROSPECTUS 2020

INTRODUCING POI



Learning is most profound when we have an experience.

Poi is a powerful experiential engagement with oneself and one's own body; and it is huge amounts of fun.

The physical activity releases dopamine (the happy hormone) but more importantly the actions required in *Poi* build connective tissue in the brain, making it more agile and alert.

Poi builds the important Kind Leadership® skills of how to be present and be joyful, which is a huge part of managing stress.

CONTEXT



As a Sociologist and human behaviourist with nearly two decades experience in organisations, Saffron has observed how much stress is caused by change, uncertainty and unpredictability, and what impact this has on productivity and employee engagement.

This prompted her to come up with innovative ways to embed and sustain learnings from the Kind Leadership® Lab.

Building emotional and mental resilience, as well as leadership capabilities in *all people* is now imperative, and this is what *Poi* seeks to achieve.

MOVEMENT CAN ASSIST WITH BUILDING CONFIDENCE



A Harvard Business Review study recently revealed that 57% of global business leaders now believe soft-skills are more important to focus on than hard-skills in their employee culture.

The same study has concluded, after 20 years of research, that emotional intelligence accounts for 90% of the reason why some people 'climb up the career ladder'.

Emotional Intelligence is now considered a 'critical competency' by the World Economic Forum. It is approximately 85% responsible for all round star performers' success in the workplace.

Emotional intelligence, together with Kind Leadership® is no longer a nice to have. It is a 'must have' in business.

Thus, an organisation's people are its biggest asset. More than ever in this COVID-19, they need to maintain physical, emotional and mental strength.

ASK YOURSELF

These are just some of the questions that get answered at Poi.

Each person makes their own important experiential discoveries during this experience.

These discoveries relate to and are important for the future of leaders, teams and organisations.

- ✓ What's your employee culture like?
- ✓ How would you describe your organisational culture in three words?
- ✓ Do you work in a team where you know you have one another's backs?
- ✓ Do you really understand one another?
- ✓ Do about everyone else in the building or company understand you?
- ✓ What are your deepest held personal values?
- ✓ How do you know that your values are *really* your values, as opposed to the companies values?
- ✓ And is that important?
- ✓ How do you talk to other people; and how do you allow other people to talk to you?

EXPECTED OUTCOMES



- ✓ Learning how to be vulnerable
- ✓ Building emotional and social intelligence
- ✓ Building trust for high performance teams
- ✓ Self-awareness and authenticity
- ✓ Learning to set boundaries
- ✓ Learning to communicate effectively
- ✓ Being accountable