



THE TRUST-BASED
LEADERSHIP
ACADEMY

Leadership & Human Resources
Training | Coaching | Consulting

90-DAY LEADERSHIP CHALLENGE



TARGET AUDIENCE

- Emerging leaders
- Newly appointed leaders
- Existing leaders
- Organisations wishing to transform their leadership

COURSE CONTENT

- Three Books – The Trust-Based Leadership Trilogy Boxset
- Learner Workbook (Journal with reflective exercises)
 - *This workbook is designed as a daily reflection to use alongside our books*
- Contact Sessions – to consolidate learning
 - *Three one-on-one coaching sessions for individual learners*
 - *Classroom sessions (online or face-to-face) for smaller or larger groups*
- Resources: Roadmap, Cards with key images, Leadership tokens
- Videos to guide key learning points

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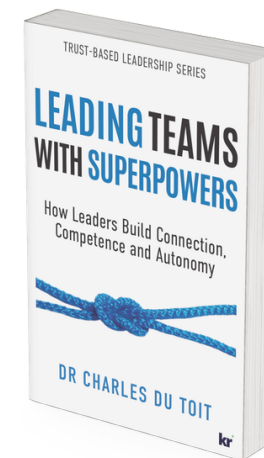
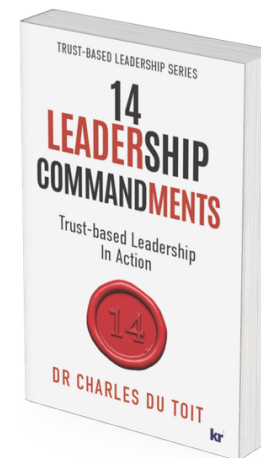
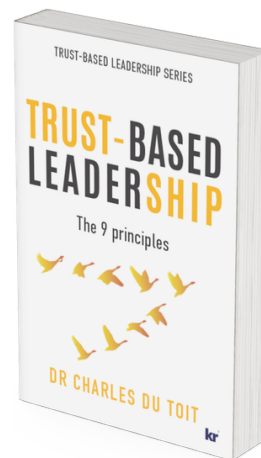
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WHAT RESEARCH SHOWS

- **The 2025 Global Leadership Development Study** highlights that leaders and L&D professionals globally prioritise fast, fluid and future-focused learning - largely because traditional long courses are too slow for dynamic business environments.
- **Key takeaway:** Organisations want leadership development that keeps pace with how work actually happens, not academic or drawn-out formats.

BOOKS

The foundation of Trust-Based Leadership.



Contact Lynne Wilmot to discuss your leadership development needs. - lynne@tbla.co.za | 0827070000

EMPOWER YOUR LEADERS FOR SUCCESS!

WHY THIS PROGRAMME?

We often promote individuals into leadership roles based on their technical expertise, yet overlook that leading people requires an entirely different skill set - leadership skills, not technical ones.



THE 90-DAY PROCESS:

The 90-day challenge is structured around working through one book per 30-day period.

- **First 30 Days:** Work through Trust-Based Leadership - The 9 Principles alongside Section One of this workbook.
- Engagement session / coaching / or facilitation.
- **Day 31 to 60:** Work through the 14 Leadership Commandments alongside Section Two of this workbook.
- Engagement session / coaching / or facilitation.
- **Day 61 to 90:** Work through Leading Teams With Superpowers alongside Section Three of this workbook.
- Engagement session / coaching / or facilitation.

Each section of the workbook is designed to guide your thinking, challenge your assumptions, and help you apply what you are learning in real leadership situations.

COACHING / FACILITATION

The objective is to assist the leader in understanding and applying the key principles from the 90-day challenge and helping them apply these principles in their personal leadership.

- For individual learners we would recommend one-on-one coaching sessions - at least 4 per 90-day challenge.
- For groups we would suggest training sessions, either online or face-to-face.

WHY A 90-DAY CHALLENGE:

- Urgency Drives Focus
- Immersion Shifts Identity
- Momentum Compounds
- Long Enough For Change, Short Enough To Commit
- Depth Over Breadth
- Shared Journey Accelerates Culture Shift
- Clear Measurement Window
- Completion Creates Confidence

BESPOKE INTERVENTIONS:

- Working With HR To Build Leadership Thinking
- Leadership Academy
- Online Learning
- JIT Learning – Online Or Facilitated

SOME OF OUR CLIENTS



For additional courses or more information visit our website: www.tblacademy.online and become part of the Trust-Based Leadership Community and keep abreast of the latest thinking in leadership.