

# Conscious Leadership

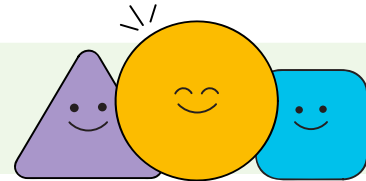
Unleash the Power of Abundance





## What is it?

“Conscious leadership blends emotional intelligence, mindfulness, and ethics to navigate complex business landscapes with empathy and performance.”



## Why Embrace Conscious Leadership?

In an era dominated by automation and artificial intelligence, conscious leadership **highlights the indispensable value of our humanity**. It transcends mere strategy, offering a **comprehensive philosophy for maximizing life's potential**. By nurturing our innate human qualities, we elevate our leadership and **make a profound impact on our organizations and society at large**.

Conscious leaders navigate today's intricate and unpredictable business landscape effectively by:

- **Ethical Inspiration:** Leaders inspire with authenticity and ethical vision.
- **Mindful Management:** Leaders maintain self-awareness and skillfully navigate challenges.
- **Empathetic Performance:** Leaders balance performance with empathy to create a supportive and innovative environment.





# Our Unique Approach

We revolutionize leadership workshops through immersive journeys that unveil the hidden gems of Mauritius. Embark on an unforgettable road trip to discover the Pillars of Conscious Leadership and unlock the Human Qualities that drive Excellence.

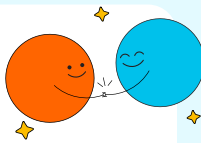
## Leadership : Human Qualities at the Heart of Excellence

To become a conscious leader, you need to cultivate and embody fundamental human qualities that transcend technical skills or digital tools. These qualities include:

### Energy and Motivation

The energy of a conscious leader comes from a clear vision and constant commitment:

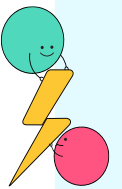
- **Finding your purpose and living your values:** Conscious leadership is rooted in a quest for meaning that guides every decision.
- **Embodying a mindset of abundance:** Seeing opportunities where others perceive limitations, inspiring a spirit of collective prosperity.
- **Embracing resilience:** The ability to bounce back from challenges and turn failures into learning.



### Human relations

Authentic relationships are at the heart of conscious leadership. This involves:

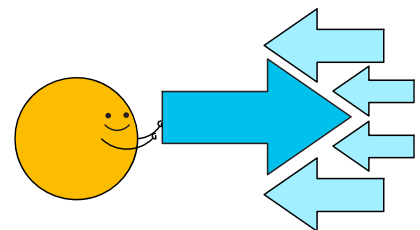
- **Creating and maintaining trust:** By honouring commitments and being transparent.
- **Inspiring others:** Not by authority, but by example, integrity, emotional safety and compassion.
- **Collaborate and co-create:** By valuing diverse perspectives and turning conflict into opportunities for growth.



### Courage

Courage is essential to lead with integrity and boldness:

- **Managing disruptive change** to pave the way for innovation.
- **Facing difficult conversations**, showing empathy and determination.
- **Being accountable and taking risks** that are aligned with deep values and greater meaning.



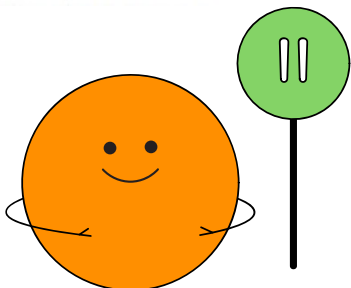
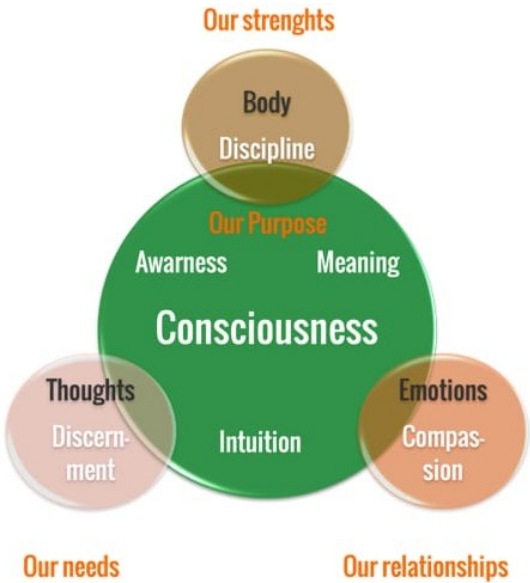


# Our Framework

## Conscious Leadership: A Practice Inspired by PODnow®

The PODnow® framework, designed by Marc-Antoine Tschopp, offers a method for raising awareness and embodying these human qualities in everyday life:

Pause	Step back and transcend impulsive reactions.
Observe	Sharpen your awareness of thoughts, emotions, and interactions.
Decide	Make values-driven, intuitive choices.
100	Embrace self-love and respect to lead authentically.
x100	Value and respect every connection, fostering mutual esteem.
0	Lead selflessly, unburdened by expectations, to cultivate sustainable abundance.

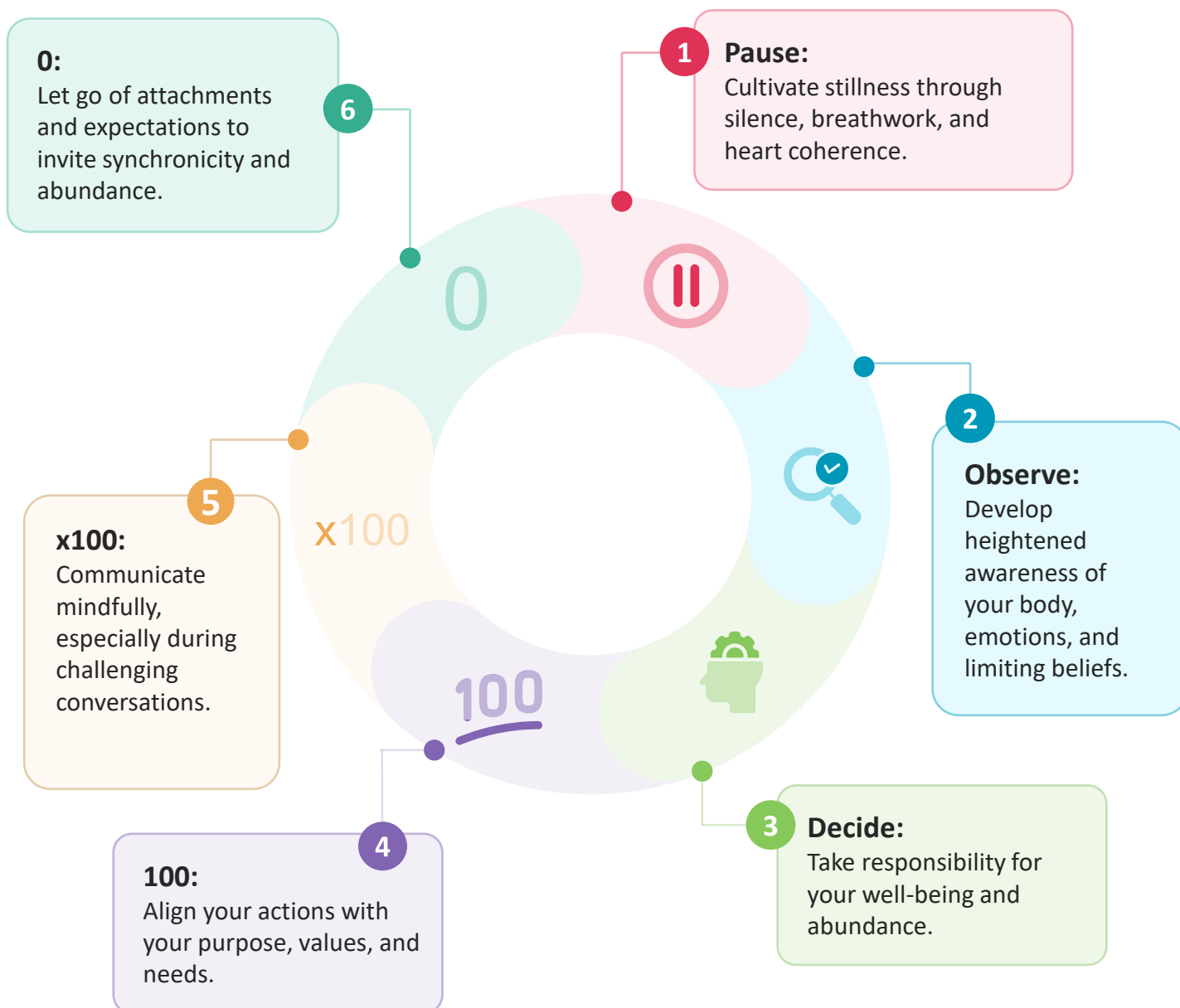




## What we cover?

Our program guides you through a transformative journey, starting with understanding the limitations of the Survival Mindset and its ego-driven strategies. Then, you'll discover the empowering potential of the Abundance Mindset and its connection to your true self.

We'll then equip you with a six-step process to shift from a Survival to an Abundance Mindset:



Finally, we provide the "ConsciousForum@Work" initiative to support you in implementing these practices and transforming your daily life.



# Our Learning Methodology - Experiential Learning

Experiential learning, or learning by doing, builds skills through experience, boosting engagement and retention by connecting learning to real work, unlike traditional methods.



## Traditional Learning (Lectures):

- Often passive.
- Limited impact on behaviour change.
- Lower knowledge retention.

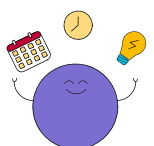


## Experiential Learning (Workshops, Real Experiences):

- Active participation.
- Drives behaviour change.
- Higher knowledge retention ("what you do, you remember").

## When is an Immersive Session a Good Fit?

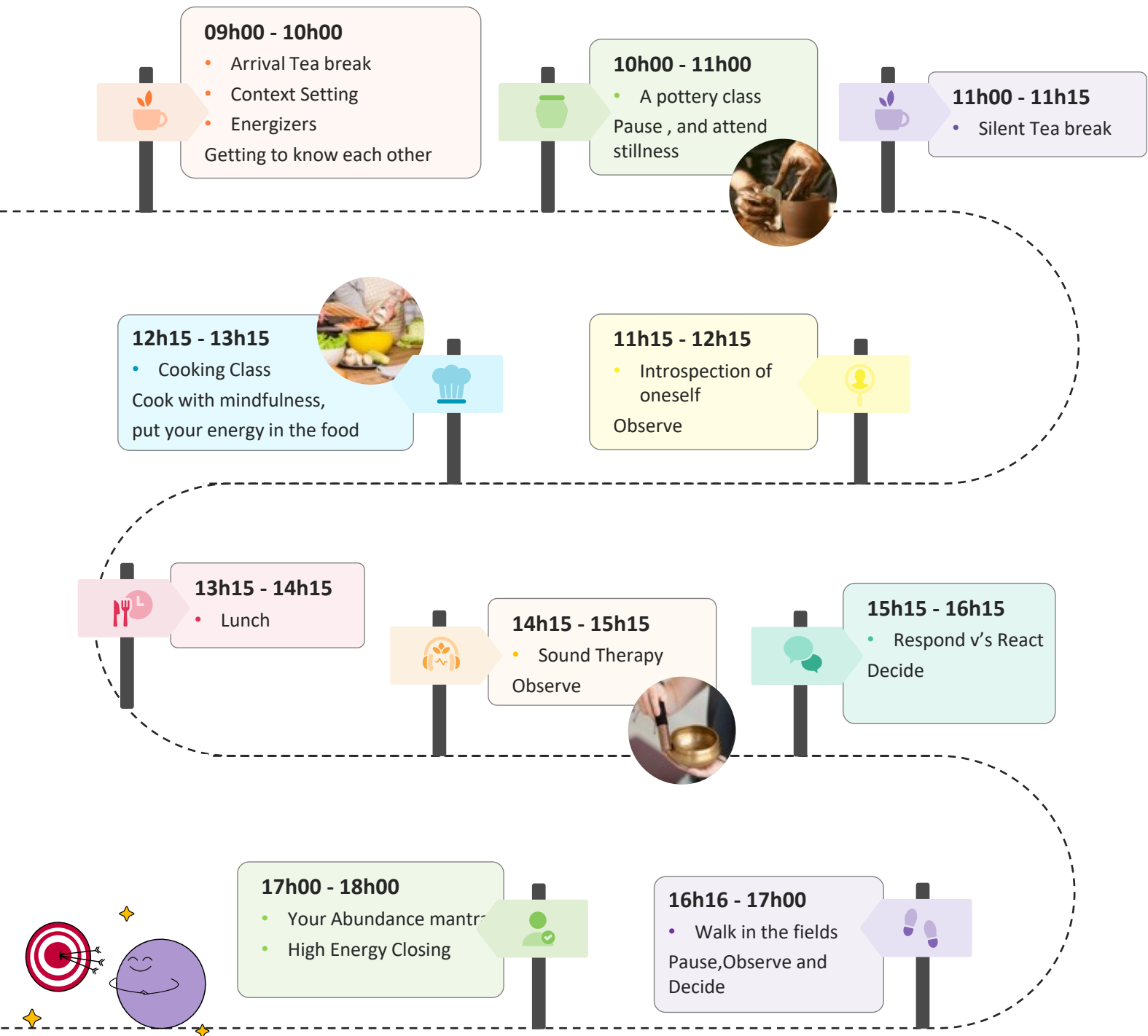
- When your team is seeking a more experiential and engaging alternative to traditional indoor training.
- When a new leader aims to quickly build trust and connection with their team.
- When a team is facing major changes or challenges and needs to shift from survival mode to a more empowered state.
- When a leadership team wants to strengthen relationships and cultivate a culture of abundance.
- When you and your team need a break from the digital world and want to reconnect with nature and yourselves.
- When you're ready to deepen your self-awareness and lead with greater authenticity and clarity.





Here is a glimpse of a day of conscious leadership journey with Marc and FocusU

## The Leadership Attitude with Sunrise





## The South Bound Spirit with Bel Ombre

### 09h00 - 10h00

- Arrival Tea break
  - Context Setting
  - Energizers
- Getting to know each other



### 13h00 - 14h00

- Lunch at Emba Pied Restaurant



### 14h00 - 15h00

- Clean the Air
- Address and clean unspoken issue in a benevolent and secure atmosphere



### 15h00 - 15h45

- Vulnerability
- Be Yourself



### 16h00 - 17h00

- Our Abundance Mindset Mantra
- High Energy Closing



### 15h45 - 16h0

- Tea break





## Who can participate?



### Senior Leaders

To initiate a company-wide shift towards Conscious Leadership, we strongly recommend starting with senior leadership.



### Middle Management

We offer "ConsciousForum@Work" and other FocusU initiatives to engage and develop Conscious Leadership within middle management.



### Departments

We can facilitate department-wide transformation through "ConsciousForum@Work" and other FocusU initiatives, tailored to address specific departmental needs.



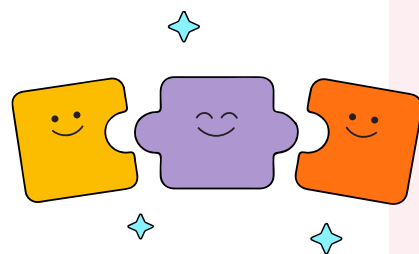
### Teams

Your entire team can participate in "ConsciousForum@Work" and other FocusU initiatives to enhance communication

## Type of workshop

### Leadership Journeys

- Tailored Transformation: Personalized leadership journey.
- Assessment: In-depth interviews to identify growth areas.
- Intensive Workshops: 1-2 day focus on Conscious Leadership skills with overnight
- Year-Long Support: Ongoing guidance for implementation.
- Group Coaching: Community learning and connection.
- Practical Application: Real-world exercises and action.
- Micro Actions: Daily integration of new habits.
- Weekly Coaching: 1-hour sessions (in-person or virtual).
- Year-Long Commitment: 52 weeks of continuous growth.

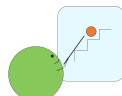




## Added values



Mobile app Challenge



One to one coaching I'll do the Top Executive Coaching (CEO and his C-Suite team)

## Assessment( Marc):



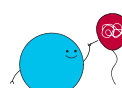
Personal Toxicity



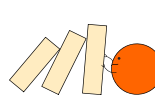
Consciousness Level



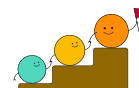
Neuro-Personality



Limiting Beliefs



Emotional Wounds



Leadership Style



Survival Strategies



Abundance Strategies



Emotional Intelligence



Stress Management



Personnel Strengths

## FAQ

### How is it different?

- Combination of state-of-the-art learning techniques and ancient wisdom.
- Outdoor learning experiences.
- Personalized learning journeys that meet you where you are.
- Get to discover hidden parts of Mauritius
- Tailored to your specific needs.

### Why an immersive experience?

- We create a safe and supportive environment to foster vulnerability and trust, essential for authentic learning and transformation.
- Outdoor experiences provide unique opportunities for self-reflection and growth.



### **When is an Immersive Session a Good Fit?**

- When your team is seeking a more experiential and engaging alternative to traditional indoor training.
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### **Who is Marc Antoine Tschopp?**

- Marc-Antoine Tschopp is a leading expert in conscious leadership, coaching CEOs and business leaders to achieve greater clarity and navigate disruptions with ease.
- His holistic approach combines business acumen with psychological insight, emphasizing self-awareness and intuition for effective decision-making.
- <https://www.linkedin.com/in/marc-antoine-tschopp/>

### **Why Marc Antoine Tschopp and FocusU Team ?**

- Marc brings profound wisdom and the powerful POD framework.
- FocusU offers years of expertise in experiential learning methodologies.
- Together, we create a unique blend that fosters deep self-discovery and transformation through immersive experiences.

### **Is it HRDC refunded?**

- Yes, we can assist you with the HRDC refund application process, which typically takes two weeks.



### How do we measure impact?

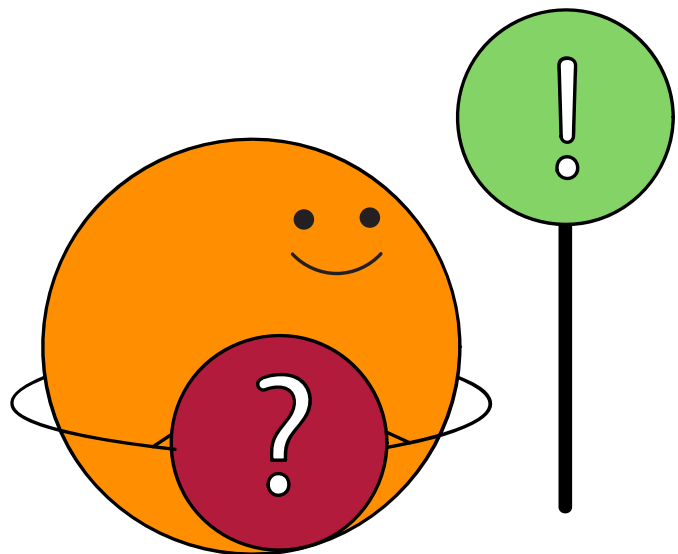
- While we don't use climate surveys, you will see tangible results in your bottom line through increased engagement, collaboration, innovation, and overall ease of doing business.

### What is the cost for the conscious leadership?

- Our price starts as from Rs 15000 per participant for a half day

### What is included in your package?

- Facilitation
- Venue Management, and van for southbound if small team
- HRDC management
- Invites
- Client Experience Desk
- Customization
- Photos and Videos
- Your Abundance Guide
- A report





## What our customer FEELS about us



This session surpassed my expectations in every way. It was engaging and packed with valuable information, presented in an enjoyable manner. I learned that real change comes from modifying the work environment and culture, not just focusing on individuals. The insights into adapting our mindset and methods in challenging situations were invaluable. Thank you, FocusU team, for an incredible job!

**- Aspen Global Mauritius**



A big thanks to the dedicated FocusU team. The venue was well-chosen, providing a comfortable and inspiring environment that enhanced the

overall experience. The team's professionalism and energy were palpable, making the session engaging and interactive. It was a perfect blend of learning and fun, and I left with valuable insights. A big thank you to everyone involved!

**- Accenture Mauritius**



It was an extraordinary and exhilarating experience. Being our first time with FocusU, we were pleasantly surprised by the level of engagement and excitement. The Seafood Tribe thoroughly enjoyed the activities, and the FocusU team's infectious energy was a highlight. A huge thank you to the team for creating such a memorable and enjoyable event. Kudos to the team and wishing you continued success!

**- IBL Seafood Hub**



The FocusU team brought a high level of energy and expertise, making the experience memorable. Their enthusiasm and expertise were evident, and they made everyone feel involved and motivated. The insights into adapting our mindset and methods in challenging situations were invaluable. Kudos to the team for a well-organized and impactful event!

**- IQ-EQ Mauritius**



# The FocusU Footprint



Creating impact through learning since 2010



Backed by our unconditional promise: Happy or Free



Original proprietary content based on the latest in behavioral science



Trusted by customers across geographies



## About Us

FocusU Engage is one of India's leading names in the field of learning and OD interventions. The inspiration behind FocusU is a quote from Walt Disney: "Laughter is no enemy to learning".

"To enable people & teams be more through meaningful learning."

This is the mission that has driven us over the years and made us a name that L&D stakeholders across more than a 900+ corporates place their faith on to deliver every single time.

We solve two big problems for our clients.

- Learner engagement: When a learning intervention is not customised, learners are not engaged.
- Application of learning: Without learning transfer, investments on training deliver very less ROI.

We believe one size never fits all. Hence for each engagement, we take time to understand the need deeply. We ask a lot of questions and at times push back against what we think are unrealistic expectations from a training program. But eventually this helps our clients and us arrive at a shared understanding on how we can create tangible impact for the business. Only then do we proceed to designing the learning intervention. And we own it end-to-end in terms of content, delivery, communication and program management.

Our learner-centricity is not an empty promise. We have backed it up from our founding days more than a decade and a half ago, with an unconditional promise to our customers that we call, "Happy or Free."

Every year, we conduct around 1000+ learning workshops – that touch the lives of over 40,000 employees. As our tagline says, we hope to inspire each person we touch to #BeMore.



To know more about us, drop in at: [www.focusu.com](http://www.focusu.com)

We are a very friendly bunch, so do feel free to reach out to us through:

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