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# TRUE Leaders Programme

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## Trusting

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Welcome to the TRUE Leaders Programme. I'm so glad you could join us in making a commitment to yourself - to discovering your true self, and to living your life in a way that brings you joy and leaves you feeling fulfilled.

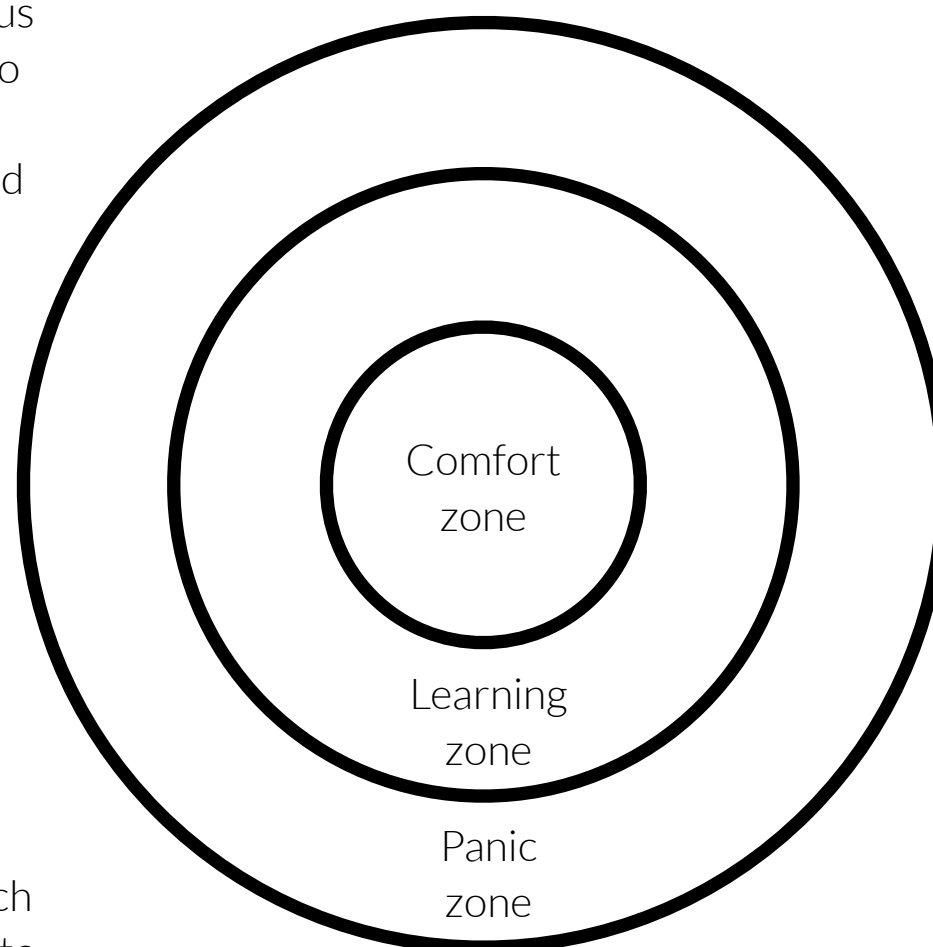
Over the next few days you'll have the opportunity to delve deep into Trusting to help you understand more about how it can support you in your life. There are modules on:

- **T**rusting
- **R**eflecting
- **U**nderstanding
- **E**mpowering

Each area is split into five parts and each part has a video (or audio if you prefer to listen rather than watch), and accompanying task. Each video is less than 10 minutes, and each task should take no more than 30 minutes.

The module has an accompanying workbook with tasks in. You might find it helpful to print these and make notes, or you may prefer to make your own notes. Perhaps you'd prefer to record your notes - with voice messages or videos.

### Your learning zone



You may be familiar with the diagram above and the three zones:

*Comfort zone* - things feel comfortable and don't take much energy but you are limited.

*Learning zone* - things take more energy, but there is more you can do.

*Panic zone* - going too far outside the comfort zone, not being able to learn.

I'm inviting you to stretch yourself during the programme. Stretch yourself outside of your comfort zone and into your learning zone.

Tailor the programme to maximise your time in this zone - too much time in your comfort zone and you won't make the changes you desire; but move too far and you'll go into your panic zone.

Check in on a regular basis to see where you feel you are - if you're outside of the learning zone, adapt the programme to bring you back. Stretch yourself if you're in the comfort zone, and bring it back if you're in the panic zone.

### Support

The TRUE Leaders Programme Facebook Group is your first port of call if you'd like to share questions, comments or experiences during the programme. Please be sure to join the group and use it to support your learning: <https://www.facebook.com/groups/trueleadersprogramme>

If you need individual support at any point, you can contact me at [jo@jowalley.co.uk](mailto:jo@jowalley.co.uk)



**What are your reasons for doing this module from the TRUE Leaders Programme?**

**What do you hope to get from this? How will you maximise your learning experience?**