

# 11 SMART Power Commitments

1. **PROMOTE** your vision
2. **DO WHAT YOU DO WELL** that you enjoy
3. Don't be angry...**BE AN ADVOCATE**
4. **ASK FOR POWER** so you can do more
5. Don't seek **PURFECTION**
6. Be difficult to offend
7. Be great at saying **NO** and strong at saying **YES**
8. Stop beating yourself up...**LET GO OF MISTAKES**
9. Don't work or live with **TOXIC PEOPLE**
10. **HAVE THE COURAGE** to evolve from failure
11. Meditate daily on **SELF COMPASSION**



## *Calmfident Presentations*

1. **PREPARE:** create advocates and sponsors
2. **COMMAND ATTENTION:** loud, low voice – variable cadence
3. **NEW CHALLENGE-VISION:** SWOT logic, show expertise – evidence stories, metaphors
4. **MOTIVATE ACTION:** both cost of failure & ROI, use graphical data
5. **CALL FOR ACTION:** Name your allies, lay out first steps, report progress
6. **PROMISE TRANSFORMATION:** “This will make you a hero.”



Join like-minded women leaders in pursuit of  
**Career Clarity ~ Leadership Confidence ~ Stress Resilience**

**Increase your impact. Be fulfilled  
in your career. Live happy.**

We are on a mission to rapidly accelerate the influence, career satisfaction and happiness of women leaders. As a woman, you have unique abilities and ways of thinking that transforms businesses, corporate culture and innovation. I have seen the positive difference women make when they own the power of their gender-based strengths. With this in mind, the Leadership SPA was created as a commitment to women and their future impact and growth.

The Leadership SPA's SMART Power Academy is a women-only development program. It is based on the latest research along with my own experience from working with the world's top organizations, including GAP, Nike and GE.

The Smart Power Academy is a holistic approach that gives you tools to create a clear mind, calm body and an inspired spirit while increasing your leadership power and confidence. All this results in a personal action plan designed to help you become the most powerful version of yourself.

I want to personally invite you to our next Leadership SPA. I promise the journey will bring you new insights and a personal commitment to grow and contribute in more profound ways.

**To create the best learning environment, we limit the group to 33 guests. Please respond right away to register or with any questions. For more details also view the sample agenda on the back of this page.**

We look forward to sharing this experience with you.

Best,  
  
Will Marré



**February 3-5, 2016  
La Jolla, California**

**The Leadership SPA's  
SMART Power Academy**

Join us for our 2 1/2 day women-only development program. This transformative experience will dramatically increase your influence, career fulfillment and happiness.

**Why your company will  
want to send you to the SPA**

- Become "promotion ready"
- Improve executive presence, presentation and persuasion skills
- Adopt a strategic leader mindset (SMART Power)
- Learn the 5 Habits of Highly Effective Leaders (SMART Power Leadership)
- Create a professional development plan (Supercharge Your Career)
- Learn stress resilience skills (Work Like a Genius)
- Use structured collaboration to create innovation breakthroughs (SMART Power Innovation)
- Use Gender Synergy skills to work better with male leaders

**REGISTER NOW at [www.TheLeadershipSPA.com](http://www.TheLeadershipSPA.com)**

**BE A SPA AMBASSADOR:** Bring The Leadership SPA to your company and empower your women leaders. For more information, contact us at [will@willmarre.com](mailto:will@willmarre.com) or 858-449-9994

PRE-SPA		
1 wk out	<b>Whole Life 360:</b> Request insights about your work-life stresses and opportunities from your boss, colleagues, friends and family.	CLARITY
PRE-SPA	<b>Your Best Future:</b> A simple exercise that identifies what you want versus what you have in your work and life.	CLARITY
DAY ONE		
7:30 am	<b>Kick Off:</b> Nutritious breakfast and a welcome by the SPA team. The entire SPA experience is based on the science of maximizing human energy, professional performance and personal well-being.	ENERGY FOR LEARNING
8:00am	<b>Meet &amp; Connect:</b> Introductions and form your Smart Power Circle.	COLLABORATION
8:15 am	<b>The Power of Your Purpose:</b> Learn the inspirational leadership and life lessons of Dr. Mimi Guarneri the multi award-winning founder of the Pacific Pearl and the Academy of Integrative Medicine and Health.	LEADERSHIP
8:45 am	<b>Work Like a Genius—The Daily Habits of Personal Happiness and Professional Success:</b> Learn the science-based habits and schedule that results in high-performance, stress resilience and work-life harmony.	PERFORMANCE + BALANCE
10:00 am	<b>Energy Break</b>	
10:15 am	<b>Your TRUE Leadership Brand:</b> Align your motivated talents, intrinsic values and personality strengths to understand what you do well that creates unique value.	YOUR VALUE PROPOSITION
11:30 am	<b>Bio Intelligence:</b> Experience the new science of mind-body fitness and positive well-being to increase your energy for leadership with the SMART Power sweat-less workout.	STRESS RESILIENCE
12:00 pm	<b>Healthy Lunch:</b> Enjoy an organic lunch and nutrition-for-life training.	
1:15 pm	<b>Women's Leadership Challenge:</b> Overcome leadership challenges and amplify your strengths of women-centric social-emotional intelligence to increase your impact with SMART Power Leadership.	LEADERSHIP
2:45 pm	<b>Social Intelligence:</b> Take a short personal break and go on a Walk & Talk exercise: evaluate your leadership influence and discuss real-world ways to use Smart Power tools.	INNOVATION
3:15 pm	<b>Make Your Difference:</b> An actual case of a Leadership SPA graduate who's increasing employee diversity of a global tech company because of what she learned. Exercise: What difference do you really want to make?	LEADERSHIP + CLARITY
4:15 pm	<b>Inner "Calmfidence":</b> Learn the power of mindful-meditation which creates goal clarity and stress resilience.	STRESS RESILIENCE
5:15 pm	<b>Lead with Your Light:</b> Guided reflection on WHO you are and WHAT difference you want to make.	CLARITY: INSPIRATION
6:15 pm	<b>Smart Power Circle Dinner:</b> "Draw" your Career-Leadership vision over dinner with your Smart Power Circle.	
DAY TWO		
7:15 am	<b>SMART Yoga &amp; Interactive Breakfast:</b> Smart Yoga followed by an interactive breakfast.	STRESS RESILIENCE
8:00am	<b>Unmasking Your Genius and Making SMART decisions:</b> Vividly see the positive turning points in your own life. Master the three steps to fail-safe decisions. Write a personal wisdom statement.	PERSONAL VISION
9:00 am	<b>5 Habits of Smart Power Leaders:</b> Learn and practice the 5 Habits of Great Leaders including Smart Power/5-STAR Leadership skills. Exercise: Use the 5 Habits to achieve your career and life goals.	LEADERSHIP
11:15 am	<b>Confidence and Persuasion:</b> Learn the six science-based steps that project confidence and persuade others.	LEADERSHIP
12:00 pm	<b>Healthy Lunch:</b> Join your Smart Power circle for lunch and create an online personal nutrition plan.	
1:00 pm	<b>Supercharge Your Leadership and Your Career:</b> Create a personal leadership development plan that turns your unique value proposition into a career vision and action plan.	CAREER CLARITY
2:45 pm	<b>Energy Break:</b> Beach walk.	
3:15 pm	<b>SMART Power Innovation for Business and Life:</b> Master the Unique Value Generator tool to become a facilitator of breakthrough innovation in your work. Then use the tool to innovate your future.	INNOVATION
4:30 pm	<b>Energy Break:</b> 15 minute reset.	
4:45 pm	<b>Change Your Inner Story:</b> How bad do you want to live a great life? Eliminate what is in your way and over-invest your Smart Power.	PERSONAL VISION
5:15 pm	<b>Stories of Grit:</b> The key ingredients to a fulfilled life as lived by a successful Woman C-Suite executive.	CLARITY: INSPIRATION
6:00 pm	<b>Dinner Break:</b> Enjoy a delicious La Jolla dinner with your Smart Power team.	
10:00 pm	<b>Dream Work:</b> Ask your subconscious mind the <i>best work and life</i> question. Keep paper and a pen nearby in case you wake up with answers.	
DAY THREE		
7:15 am	<b>Slow Flow Restorative Yoga:</b> Slow Yoga plus mindfulness exercise to increase daily optimism and focus energy.	STRESS RESILIENCE
8:00 am	<b>Nutritious Breakfast:</b> Breakfast with your Smart Power Circle.	
8:30 am	<b>Visual Pitch Creation:</b> Create your 5-minute visual pitch of your future leadership impact and personal strategy for both success and happiness.	LEADERSHIP
9:15 am	<b>Work Like a Genius 2:</b> Learn the science-based daily habits that are proven to increase both success and happiness. Create your personal daily "Genius" schedules to live by over the next 6 weeks.	BALANCE
10:15 am	<b>Energy Break</b>	
10:30 am	<b>Your Leadership-Life Pitch:</b> Present your 5-minute visual "Make Your Difference" pitch to your Smart Power Circle. This will prepare you to communicate your new Leadership-Life plan to the key people at your work and in your life. This is vital to creating new opportunities and generating support.	LEADERSHIP
11:45 am	<b>40-Day Success Plan:</b> Start your 40-day success plan with your Smart Power journal and daily video "Genius Practices." Set up your weekly peer coaching Skype sessions with your Smart Power Circle.	LEADERSHIP
12:00 pm	<b>Commitment Lunch:</b> All SPA session leaders express their appreciation and encouragement. SPA graduates have the opportunity to state your gratitude, your big insights and express your commitment.	
1:00 pm	<b>Session Close</b>	
POST-SPA		
40 days	<b>Master Your Skills:</b> Continue Smart habits with a 3-minute daily video and a weekly web peer coaching session.	LEADERSHIP