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| ABOUT  SARAH RATNER  Sarah is ex-COO of one  of Europe’s leading FinTech’s, whilst also being a mindfulness teacher. She spent a decade building the business from founding team, as solo-ops agent, to leading an operation of 100.  What did she learn? It’s all about the people. How they thought about things, rather than what they knew. How they moved quickly and didn’t obsess over perfection. And how they treated each other, the laughter and care that created a family, in turn created a multi-product, multi-continent, multi-unicorn business.  Her most valuable lesson? How to truly invest in people. To offer meaning, joy and value each day. So work can be fulfilling, transformative and sustainable. So we can be well. And so Ikigai Flow was born, offering coaching and accessible mindfulness tools to transform this growing and restrictive epidemic of burnout culture. |





LEADERCAMP

DUAL AWARENESS   
FOR LEADERSHIP

WITH

SARAH RATNER

March 5, 2024

To be successful in today’s fast-paced world, it is essential to lead decisively, collaborate efficiently and welcome in a little ease where we can.

In this Leadercamp, Sarah Ratner, former COO/Founding Team of one of Europe’s leading FinTechs, and a business and mindfulness coach, will share why dual awareness enabled exponential growth during her decade in tech. Based on her unique blend of experience in mindfulness and as an exec of a multi-unicorn valued start-up, she will help you understand how to cultivate joy and clarity in even the toughest challenges — transforming how you live and work.

PARTICIPANTS WILL

* Understand the key elements of dual awareness
* Gain insight into the power it holds in the workplace
* Feel confident to offer truly inspiring leadership
* Find a balanced and grounded approach to decision making
* Welcome more efficiency in meetings and strategy days
* Notice improved collaboration with colleagues
* Access a deeper creativity
* Experience ease in fast-paced environments so there can be clarity and flow

****PREPARING FOR   
THE LEADERCAMP

The Leadercamp Guide can be used as a tool for facilitators and participants to get the most out of a Leadercamp experience. It includes an overview of what will be covered in the Leadercamp, information about the presenter, and suggestions for different ways you and your team can learn together or individually. Each guide concludes with application and reflection prompts to apply what you've learned.

## About This Guide

This guide will help you prepare for and facilitate the program ***DUAL AWARENESS FOR LEADERSHIP***. The purpose of this guide is to help you generate a dialogue among participants and apply key concepts from the presentation to your own learning objectives. The guide can be leveraged effectively for both large and small groups.

## The Audience

This program is for executives, managers, supervisors, and line staff. Ideally, the materials should be presented in a group setting, where the responses of others can be discussed and shared.

## Watch As a Team

Prior to the Leadercamp, Zoom links are set up in Percipio. To host the Leadercamp for your team with Zoom, clink on the Zoom link for the Leadercamp so that it's ready to start on your screen. Then start a Zoom meeting, share your screen, and when you get asked what you want to share, choose the browser window with the Leadercamp ready to play. Select **Share** and enjoy! Be sure to contribute to the discussion in the chat feature.

## For Individual Viewers

Watching alone this time? No problem. Click on the Zoom link in Percipio for the Leadercamp and begin watching. Get the most out of the event by participating in the conversation via the chat feature and by taking notes. And don’t forget to ask any questions you may have during the Q&A session.

APPLY WHAT   
YOU’VE LEARNED

Answer these questions to reflect on the Leadercamp and reinforce the ideas, practices, and strategies you’ve learned.

1. What are some challenges you currently face in leading decisively or collaborating efficiently?
2. ****What steps will you now to take to find joy and clarity during your toughest challenges?
3. Who could you ‘tell’ or share this with? Who would care and/or benefit the most?
4. What are some practices from this Leadercamp you can apply in your own quest to welcome in a little ease?
5. What lesson will you apply from this Leadercamp? And how will you apply what you’ve learned?
6. What’s one thing this Leadercamp inspired you to do differently moving forward?