

# THE 12-SESSION DOJO CURRICULUM FOR ENERGETIC LEADERSHIP

*Upgrade your personal and professional leadership at the same time*

Each session is a complete practice in itself and a step in an integrated developmental arc. Sessions are delivered online. There will be Dojo's for people speaking English or Danish

Energetic Leadership stands on 3 pillars: strategic foresight, personal development and business transformation

The Dojo stands on 4 pillars: awareness, alignment, practice and community

| No. | Session Title                         | Core Focus                                                                                            | Key Outcome                                                                           |
|-----|---------------------------------------|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 1   | <b>The Arrival</b>                    | Energy check-in, personal baseline, and introduction to the Energetic Leadership Model                | Know your energetic starting point with honesty and without judgement                 |
| 2   | <b>The Broken Model</b>               | Why the old leadership model is insufficient — and what the Energetic Leadership alternative offers   | Name what is not working and open the space for genuine change                        |
| 3   | <b>Your Energy Is Your Leadership</b> | The five energetic principles — setting pace, resetting, awareness, intuition, gratitude              | Leave with your own daily energy practice personal and immediately applicable         |
| 4   | <b>The Inner Drives the Outer</b>     | The dual infinity sign model — personal vertical and commercial horizontal dimensions in practice     | Understand how your inner life is shaping your outer leadership right now             |
| 5   | <b>Fear, Ego &amp; True Potential</b> | Identifying the patterns of ego and fear — and beginning the shift toward energy-driven leadership    | Name the ego and fear patterns operating in your leadership with curiosity            |
| 6   | <b>Silent Listening</b>               | Guided practice in the core Energetic Leadership inner exercise — deep inner awareness and soul voice | A personal silent listening practice you will use every day for the rest of your life |

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| 7  | <b>Body. Mind. Soul. One Flow.</b>      | The energetic human being physical, mental, and spiritual senses in integrated leadership           | Know how to access and use all three dimensions of your inner intelligence         |
| 8  | <b>Intuition as Strategy</b>            | Training intuitive leadership — from felt intelligence to commercial decision-making                | Trust your intuition as a legitimate, powerful, and reliable leadership instrument |
| 9  | <b>Purpose Is the Rudder</b>            | Finding and anchoring personal and organisational purpose and using it as the leadership north star | A clear, felt, personally owned sense of purpose that guides daily decisions       |
| 10 | <b>The Masculine &amp; The Feminine</b> | Energy balance — recognising and rebalancing the masculine and feminine energies in your leadership | A concrete plan to bring both energies into fuller, more balanced play             |
| 11 | <b>Good Habits &amp; Persistence</b>    | Building the routines that make energetic leadership automatic — technique, method, persistence     | Your personal Energetic Leadership habit architecture — built to last              |
| 12 | <b>The Unstoppable Leader</b>           | Integration, celebration, and forward vision — who are you now, and what do you lead toward?        | Leave the Dojo as a fully equipped, energetically grounded, soul-led leader        |

You are always welcome to write to me with your questions on [gitte@energeticleadership.eu](mailto:gitte@energeticleadership.eu)

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