

Founders' Coaching Pause (FCP) 2017 Program

Date **Sep 28 – Oct 1, 2017** (Arrive at anytime on Thursday, Sep 28: check in at 3pm or later, leave on Sunday afternoon, Oct 1 at 4pm)

Venue **[Peppers Seminyak](#)**: Jl. Pura Telaga Waja, Petitenget, Seminyak Bali 80361, Indonesia

Summary

Our goal is to develop a tech startup coaching ecosystem for Southeast Asia. We will kick-off with a 3-day entrepreneurs' leadership program "Founders' Coaching Pause" to take a moment to PAUSE and reflect on self-leadership and the leadership of others. This 3-day program aims to create alignment between coachees and coaches, as they will be embarking on a journey together over the next year.

Desired outcomes of the program:

- Help participants discover their purpose - their "why"
- Build relationships between coaches and coachees
- Review and develop entrepreneurial skills of coachees

To build and strengthen the connection between coaches and coachees, we will continue with ongoing peer-based leadership groups over the next year. These will be facilitated coaching sessions that will develop the coachees and leverage their strengths for entrepreneurial success.

This retreat would be a great kick-off for coaches and entrepreneurs to discover themselves - their life purpose and values and explore their personal "WHYS" as they embark on their startup journeys. It will also include a review of many of the skills required to boost a startup from 2 people to 200 people and beyond.

Coaches

[Roger Hamilton](#) of [Entrepreneurs Institute](#)

[Peng T. Ong](#) of [Monk's Hill Ventures](#)

[So-Young Kang](#) of [Awaken Group](#)

Schedule

Thu, Sep 28: **Arrival Day**
7:00pm - 9:00pm **Optional** Welcome Dinner

DAY 1: SELF - Focus on 'inside - purpose, motivations, values'

Fri, Sep 29:
7:00am - 8:00am **Optional** morning activity / exercise (individual activity)

8:00am - 9:00am	Breakfast (in-house restaurant)
9:00am - 9:15am	Welcome (Peng) Introduction and overview of purpose of this program and aspirations
9:15am - 9:30am	The “Why” (SY) Our personal “why” we are doing this program Design of 3-day journey
9:30am - 10:00am	Leading from the Inside Out (SY) Introduce each other based on what's inside of people - power to see people as humans, not by roles and what you see on the outside Values-based leadership and uncovering values and vision
10:00am - 10:30am	My Values & Beliefs (SY) Sharing Session between coaches/coachees and then individual exercise to start writing down what values each person holds
10:30am - 11:00am	Coffee Break
11:00am - 12:30pm	Your Talents & Passions (Roger) A session based on the Wealth Dynamics Test and Passion Test to understand your natural path and what kind of role and team is most effective for you
12:30pm - 1:30pm	Lunch (in-house restaurant)
1:30pm - 3:00pm	Your Purpose (SY) Defining your purpose - your ‘why.’ Creating a Dream board. Write a purpose statement.
3:00pm - 3:30pm	Coffee Break
3:30pm - 4:30pm	Your Future Vision (SY) Visioning session to create a clear and compelling picture of your life, business and team in 2018 (1 year), 2022 (5 years), 2052 (35 years), 2102 (85 years)
4:30pm - 5:00pm	EQ & Neuroscience (Peng) EQ = awareness, regulation, sensitivity, leadership. Reptilian Brain vs Neocortex (reaction vs intention). EQ is when Neocortex makes decisions.
5:00pm - 5:30pm	Group discussion, Reflections & Journaling (SY)
5:30pm - 6:30pm	Meditation session (optional)
6:30pm - 7:00pm	Free time
7:00pm - 9:00pm	Group Dinner

DAY 2: TEAM - Focus more on 'outside' and how to translate what's on the inside to actions, words and strategies

Sat, Sep 30:

- 7:00am - 8:00am **Optional** morning activity / exercise (individual activity)
- 8:00am - 9:00am Breakfast (in-house restaurant)
- 9:00am – 10:00am Dream Teams and Team Nightmares (Roger)**
An interactive panel session with coaches on the success stories and disaster stories in building and leading teams
- 10:00am - 11:00am Business Stages (Roger)**
Tuckman's 4 stages of team, with the priorities in team formation
- 11:00am - 11:15am Coffee Break
- 11:15am – 12:30pm Growth session (guest speaker)**
- 12:30pm – 1:30pm Lunch** (in-house restaurant)
- 1:30pm - 2:15pm **Business Models (Roger)**
An overview of the 5 business models, Wealth Dynamics 8 stages of enterprise
- 2:15pm - 3:00pm Role of the Coach Advisor (SY)**
Sharing framework of the 'Coach Advisor' to play 3 critical roles: Coach, Advisor, Connector
Practical tips and techniques on 'Coaching' - power of listening and asking, not telling
- 3:00pm - 3:30pm Coffee Break
- 3:30pm - 4:30pm Team Formation (Roger)**
Interactive activity with coaches and coachees to map out team growth with quarterly milestones for each business based on their current stage.
- 4:30pm - 5:30pm Leadership & Practical Ethics (Peng)**
1. The Relative Values of Values
2. The Leadership Execution Cycle
3. The Burden of Leadership
4. Leadership Should Sometimes Suck
- 5:30pm - 6:00pm Reflections & Journaling (Roger)**
- 6.00pm - 7:00pm Meditation session (optional)
- 7.00pm - 9.00pm Group Dinner

DAY 3: SCALE - Focus on bringing things together and connecting inside to outside to scale and grow business and impact

Sun, Oct 1:

- 7:00am - 8:00am **Optional** morning activity / exercise (individual activity)
- 8:00am - 9:00am Breakfast (in-house restaurant)
- 9:00am - 10:30am The DNA of Unicorns (Roger)**
Guided discussion on the key principles to rapid, scalable, investible growth. Specific strategies based on each coachee and their business
- 10.30am - 11.00am** Coffee break
- 11:00am - 12:00pm One Year Plan (SY)**
An interactive exercise with coaches and coachees to set milestones and measures for the next 12 months, together with review process and tools
- 12:00pm - 12:30pm** Coffee break & check out (store luggage at Concierge)
- 12:30pm - 1:00pm Design of Coaching (SY)**
Mapping out the process for coach and coachee to build an effective coaching partnership to scale each business. Review of tools, steps, rhythm and Q&A.
- 1:00pm - 2:00pm Wrap Up & Send Off (SY and Roger)**
Each person reviewing biggest outcomes, takeaways and actions from the 3 days. Discussion on next steps, feedback and growth of the coaching initiative - FCP design and commitments.
- 2:00pm - 3:00pm Lunch (in-house restaurant)
- 3:00pm - 4:00pm Hangout and departure

Please note that the schedule above might change.

Accommodation inclusive of:

1. Complimentary pick up and return airport transfer.
2. Daily breakfast, coffee break, lunch & dinner listed in the schedule
3. Complimentary resort Wi-Fi internet connection