EXECUTIVEbound
ELEVATE

Curriculum

Since 2020, **ExecutiveBound Elevate** teaches a future-ready success framework designed to empower high-potential leaders and aspiring executives in a rapidly evolving world. In this program, mid-level to senior professionals build the mindset, skills, strategies, and tools to lead, influence, and engage confidently, adapt to change, and use AI to work smarter, faster, and more effectively. Our curriculum is built on three essential pillars. Combined, these pillars provide the master-level support leaders need to grow their influence, elevate their impact, and thrive in a future shaped by rapid transformation without becoming overwhelmed.

PILLAR 1

SELF-LEADERSHIP

- Develop a Growth mindset and EQ
- Build an authentic, trusted brand
- Cultivate mentors, allies, influencers
- Overcome limiting beliefs and fears

PILLAR 2

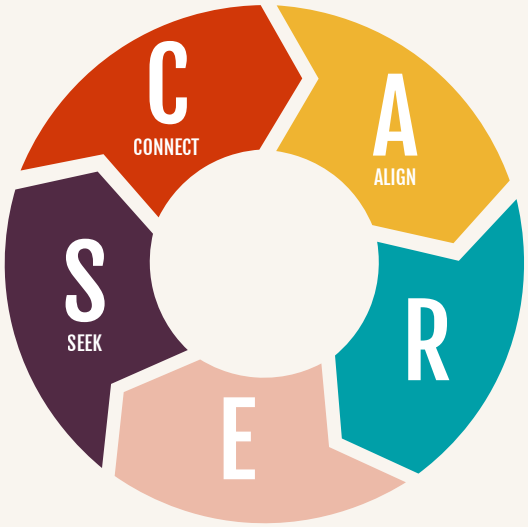
LEADING OTHERS

- Inspire with a compelling vision
- Lead with empathy and clarity
- Coach and mentor with intention
- Collaborate within AI-enabled teams

PILLAR 3

EXECUTE WITH SUPPORT

- 12-month roadmap aligned to vision
- Ongoing peer and coaching support
- Model adaptability, innovation & self-care
- Drive momentum and lasting results



The C.A.R.E.S. Leadership Success System

- **Connect** to your truth and purpose as a leader.
- **Align** where you are and where you want to be as a leader.
- **Rise** above your real and fictitious challenges as a leader.
- **Envision** the future you desire as a leader.
- **Seek** support and serve others.

MODULES	LEADERS SHOWCASE	TAKEAWAYS	KEY EXERCISES
INTRODUCTION INTRO & MEET YOUR EXECUTIVE COACH WEEK 1	• Nick Donofrio, MSC, former IBM Executive VP of Innovation and Technology, IBM Fellow Emeritus, Founder of NMD Consulting, LLC • Kimberly Kaloz, Strategic Account Leader, global biopharmaceutical giant	• Welcome to ExecutiveBound Elevate. Mee your executive coach. Establish guidelines for code of conduct, engagement, respect, and mutual support. • Access the program Workbook, private online group, and other resources. Introduction to navigating the learning portal. • 33 mins. of engaging online instruction	• Download Workbook • Download the Kajabi app to access the learning portal and resources “on the go” • Access the Members Only page for guidance, to schedule VIP sessions, and other relevant information

Learning requirements: To earn a Certificate of Achievement, members must complete Modules 1-7, including exercises and assessments, attend bi-weekly Elevate sessions via Zoom, and actively engage with peers and their executive coach for six months. Bonus resources, such as Leaders Showcase videos, are optional and not required for program completion.

To connect directly, email **info@exectivebound.com** or visit www.ExecutiveBoundElevate.com.
© Copyright 2025+ ExecutiveBound®. All Rights Reserved.

EXECUTIVEbound ELEVATE

Curriculum

MODULES	LEADERS SHOWCASE	TAKEAWAYS	KEY EXERCISES
MODULE 1 **BUILDING THE FOUNDATION FOR BEING A FEARLESS LEADER** **WEEKS 2 - 4**	• Blaine Bartlett, President & CEO, Avatar Resources Inc., best-selling author, *Soul of Business* podcast host, adjunct professor • Alycia Banks, MA, Executive-Leadership Development & Talent Management, Columbia Bank New Jersey • Jerome Peribere, retired in 2017 as Sealed Air's President and CEO, 2012 – 2017, Board of Directors, Ashland and Xylem Inc. • Jenna Hendricks, SVP, Chief People Officer, Michael Kors / Capri Holdings Ltd. • Chris Ekrem, MBA, VP, Hospital Financial Operations, EqualizeRCM Services • Kathy McKeon, RN, MPH, CSM, Sr. Corporate Account Executive, Merck • Doris Casap, MBA, Founder & CEO, Mother Films, Adjunct Professor, NYU • Phillip Anderson, MBA, Executive Director, The Depository Trust & Clearing Corporation	• Understand that to be in a state of Self-leadership, receptivity, and transformation, it requires creating daily empowering habits to access a critical mass of Self—the best version of you. • Apply the practices supporting your internal success and goal achievement, externally. Create a daily habit of these empowering Self-care rituals. • Assess and learn how to shift from a "fixed" to a "growth" mindset. Learn to support and develop high-performing teams while advancing your professional growth in the face of rapid change. • 2 Hrs. of online training, plus exercises	• Map your leadership vision • Reflect on the changes you're going through • The Mindset Assessment • 10 Emotions that support a successful leader • Self-acknowledgement • Who am I being? • The Coaching Toolkit: Becoming an empowering coach for your team • Module 1 Assessment
MODULE 2 **CONNECT TO YOUR TRUTH AND PURPOSE AS A LEADER** **WEEKS 5 - 7**		• Understand your truth, inner knowing, worth, wisdom, and the world around you in your leadership role. • Anchor your goals and strategic vision on what has real meaning and value now. • Elevate your personal brand. Identify your Unique Value Proposition (UVP) and leverage it to position yourself for successful outcomes. • Connect to your sources of strength and energy. Learn to navigate conflict. • 1.9 Hrs. of online training, plus exercises	• Your story, epiphany moments, identity Frames • Primary needs and core values • Your unique value proposition: your Why, superpowers, and marketable skills • Self-Care • Social awareness • Module 2 Assessment
MODULE 3 **ALIGN WHAT YOU WANT AND WHERE YOU ARE TODAY AS A LEADER** **WEEKS 8 - 10**		• Understand where you are in the nine areas of your Wheel of Life and your leadership competencies/skills. Seek direct and indirect feedback/insights. • Explore where you want to be and align it to your role in the organization and the organization's vision and values. • Strengthen collaboration and negotiation skills. • Develop a support network. Identify and connect with Centers of Influence, mentors, sponsors, and retool for the future. • 2.6 Hrs. of online training, plus exercises	• Where am I now assessment • The leader I aspire to be • Leadership mastery alignment • Building relationships • Advanced negotiation • Effective follow-up • BONUS: DiSC behavioral assessment • BONUS: Enneagram Assessment • Module 3 Assessment

To connect directly, email **info@exectivebound.com** or visit www.ExecutiveBoundElevate.com.
© Copyright 2025+ ExecutiveBound®. All Rights Reserved.

EXECUTIVEbound

ELEVATE

Curriculum

MODULES	LEADERS SHOWCASE	TAKEAWAYS	KEY EXERCISES
MODULE 4 RISE ABOVE YOUR REAL AND FICTITIOUS CHALLENGES AS A LEADER WEEKS 11 - 13	• Maria Santos Valentin, JD, Distinguished Scholar and Sr. Fellow, NYU Law School Grunin Center of Law and Social Entrepreneurship • Cynthia Kersey, MA, CEO & Founder, Unstoppable Foundation • Rita Mitjans, MBA, Founder & President, BizGuru LLC • Osato Chitou, ESQ, MPH, Founder & Principal Consultant Compli by Osato	• Understand the internal and external factors holding you back from being the leader you have the potential to be. Own your power to ifluence these internal and external factors. • Craft a roadmap to overcome existing challenges, get out of your own way, and achieve your full potential as a leader. • 1.5 Hrs. of online training, plus exercises	• Your challenges • Fearlessly owning it • Elevate your mindset • Stop-Start-Continue • Module 4 Assessment
MODULE 5 ENVISION THE FUTURE YOU DESIRE AS A LEADER WEEKS 14 - 17		• Understand the goals and outcomes you desire to achieve and the leader you want to be. • Align your mindset to support these outcomes. • Refine your Massive Action Map: 12-month outlook. • BONUS Leveraging AI Technologies • 3.2 Hrs. of online training, plus exercises	• Create it • Align your mindset • Your leadership qualities • Reverse engineer it • Your Massive Action Map, 12-month outlook • Your Not-To-Do list • The momentum loop • Module 5 Assessment
MODULE 6 SEEK SUPPORT AND SERVE OTHERS ON YOUR LEADERSHIP JOURNEY WEEKS 18 – 19		• Assess the support you need to make your goals a reality. Identify the right resources. • Set an action roadmap with clear steps to support your vision and goals and those of the people you lead and mentor. • 1.4 Hrs. of online training, plus exercises	• Who's "got your back" • Paying it forward • Module 6 Assessment
MODULE 7 APPLYING C.A.R.E.S. LEADERSHIP SUCCESS SYSTEM EVERY DAY WEEKS 20 - 24		• Understand how to apply the C.A.R.E.S. Leadership Success System toward goals and desired outcomes across all areas of life. Apply this understanding to design and achieve meaninful goals. • Create a life and the leadership capabilities you desire while living purposefully and up to your potential. • Complete modules as needed (make-up time). Graduation Celebration, week 24. • 1 Hr. of online training, plus exercises	• Staying focused • Keeping the momentum • Embracing change • Acknowledgment of progress and achievements • Module 7 Assessment

Dr. Ginny A. Baro, Ph.D., MBA, MS, CPC, CEO at ExecutiveBound®, created the C.A.R.E.S. Leadership Success System. Members learn and implement this future-ready success framework in our seven-module curriculum. The #1 bestseller, *Fearless Women at Work*, showcases the framework. Visit DrGinnyBaro.com for more information.

To connect directly, email **info@exectivebound.com** or visit www.ExecutiveBoundElevate.com.
© Copyright 2025+ ExecutiveBound®. All Rights Reserved.