



# COMPREHENSIVE FITNESS

# THE LEADERSHIP CHALLENGE®



Is this You?

You care deeply about your team and want to make a lasting impact, but leadership can feel isolating and uncertain. You want to inspire others, navigate change with confidence, and lead in a way that reflects your values and authentic leadership style. The Leadership Challenge® provides research-backed practices that help ordinary people achieve extraordinary results.

## FIVE PRACTICES OF EXEMPLARY LEADERSHIP



## PARTICIPANTS WILL LEARN TO

- ✓ Clarify and lead from your personal values.
- ✓ Build trust through consistent words and actions.
- ✓ Inspire others around a shared vision.
- ✓ Challenge assumptions and embrace innovation.
- ✓ Recognize contributions and strengthen organizational culture.

### KEY OUTCOME

Develop the mindset and leadership practices to build trust, strengthen teams, and achieve extraordinary results through intentional, values-driven leadership.

### WHO SHOULD ATTEND

Ideal for emerging leaders, experienced managers, executives, nonprofit boards, educators, public safety professionals, and leadership teams seeking a shared language and framework for leading with purpose and authenticity.

### TRAINING FORMAT

**Method:** An engaging, research-based learning experience combining self-reflection, group discussion, peer coaching, practical exercises, and personalized feedback. Develop a deeper understanding leadership strengths and a plan to apply them.

**Length:** 16 Hours + pre-work.

"When leaders are doing their best, they *Model the Way, Inspire a Shared Vision, Challenge the Process, Enable Others to Act, and Encourage the Heart.*"



### ABOUT JOE WILLIS

Joe Willis is a certified The Leadership Challenge® facilitator and LPI-trained coach who helps leaders build trust, clarify values, and inspire extraordinary results through authentic, research-based leadership practices.

### LET'S CONNECT!

✉ [jwillis@comprehensive.fitness](mailto:jwillis@comprehensive.fitness)

📞 573-337-9484

🌐 [www.comprehensive.fitness](http://www.comprehensive.fitness)

🌐 [linkedin.com/in/joewillis/](https://www.linkedin.com/in/joewillis/)