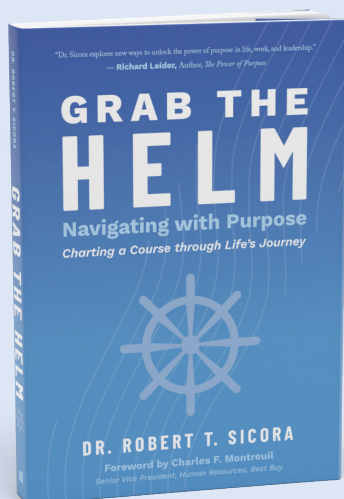




GRAB THE HELM COURSE

***Grab the Helm* is more than a book, through this course you will have the opportunity to expand your journey through the eight spokes of the *Leading from the Helm* model.**



This transformative book begins by asking yourself a simple yet profound question:

What is my purpose?

Learn More: grabthehelm.com

Why Grab the Helm?

We all have passions that drive us, value to contribute to the world, and special talents that help us do so—these combine to give us our life's purpose. Finding your purpose gives your life direction and structure. It gives you insight into who you are, what you value, and what you have to offer. Once you find your purpose, everything comes into alignment.

This facilitated course for *Grab the Helm* guides you on your journey by helping you affirm your purpose or discover it anew.

Who is this course for?

The *Grab the Helm* course is for anyone who wants to find or refine their purpose in a group discussion setting. The program is ideal for emerging leaders, those building or refining their leadership skills, and individuals in transition (professionally or personally).

We also encourage small groups or teams within organizations to share in this experience together.

Grab the Helm course can also be customized as an in-house program for your team or organization.

CONTACT US

Ready to discuss or have questions?
crew@sicoraconsulting.com
+1-888-724-5384



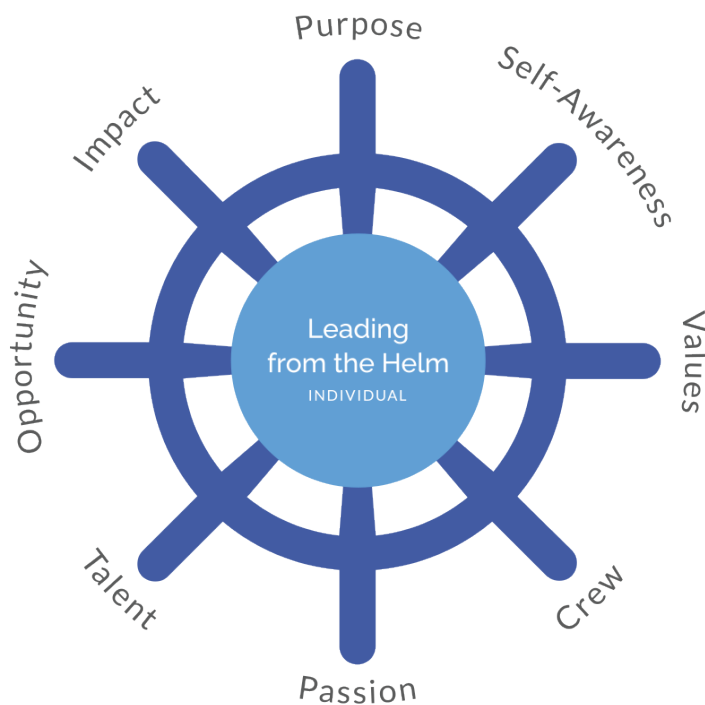
SICORA
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Included in the Program

- 20 hours of live, facilitated sessions via secure Zoom calls with a small group of participants
- Grab the Helm Book - hardcover, ebook, and audiobook available
- Branded reflection journal
- Access to online supplemental material, including an overview of the *Leading from the Helm* model
- Recordings from live sessions to review
- Access to Crew facilitators for reflection and light coaching

“When we got to the end of the course, it felt like a new beginning for me.”

Course Participant



Are You Ready?

To jump on board, by following the eight spokes of the *Leading from the Helm* model to gain greater clarity and insight into how to live life authentically and maximize your potential. **Sign up at grabthehelm.com**

Our Crew

Learn and reflect on your own journey along with members of the Sicora Consulting Crew, comprised of experts ready to guide you through this expanded journey of *Grab the Helm*.



Dr. Robert T. Sicora
Founder & CEO



Jason Ball
Senior Consultant



Erin Barwis
Process Consultant



Kevin Ennis
Senior Consultant



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