



The 3^e Factor
The Power of Human Energy

The 3eFactor “XO” Balance Program

Session #	Session	Outcomes
Pre-session	Introduction, set program intentions and emotional intelligence assessment.	Program assessment agree Program intentions, emotional intelligence profiling; preparation and introduction to “XO” structure and requirements, agree strengths, limitations and areas for development
1	Introduce Life Platform	Gain clarity on key aspects of life in terms of family, friends, peers and networks.
2	Introduce Energy concepts	Learn about impacts of energy and some tools to apply including the power of engagement.
3	Introduce Managing Time Out of Work	Learn about life/work balance and purpose, how they affect leadership and one’s future direction.
4	Introduce “Communication Model” - Apply and Report	Learn the “Communication” model and how to have highly effective communications
5	Introduce Universal Laws	Learn about the universal laws and how they impact life choices and futures.
6	Implementation Planning (Integration and Application)	Development of implementation path for learning and strategies flowing out of each of the preceding sessions - ‘S.M.A.R.T’ Objectives to monitor progress.

NB: The structure is flexible and will vary based on individual mentoring and tailoring of needs which is what makes this program more powerful, unique and effective.