

INSIDE ACADEMY

LEADERSHIP DEVELOPMENT PROGRAMS



WWW.THEINSIDEACADEMY.COM



Welcome

80% of companies now identify capability building as “very” or “extremely” important to long term organizational growth. The ability to inspire others, resilience, and adaptability are now the cornerstone skills that organizations need to keep ahead of constant change. These skills are simultaneously the learning and value that the workforce is craving, along with meaningful interactions and a sense of community. Developing these leadership skills requires a nurturing, self-reflective, and sustainable approach.

The Inside Academy teaches leadership from the inside out. Through workshops and executive coaching, our signature leadership framework takes leaders on an inner-journey to gain clarity, build courage, and act with confidence. We specialize in working with high potential women leaders.



Our Goals & Values

Our mission is to nurture Next-Level Leaders, building their awareness, capacity, and know-how to bring innovation and guidance to themselves, their teams and organizations.

We recognize that a new and dynamic workplace is emerging, calling for the nurturing of both leadership and life skills to meet the needs of employers and employees.

- ✓ Self-Leadership
- ✓ Team Leadership
- ✓ Company Leadership



Who We Work With

For over a decade, we've worked with thousands of VPs, high performers, and new managers to learn and act on their leadership vision and potential. We work with clients in the San Francisco Bay Area, around the US and worldwide. Some of our clients include:



PROGRAM OFFERINGS



Workshops

These workshops provide charismatic and innovative presentations that introduce the foundational skills for leadership. Using evidence-based activities expert facilitators guide group discussions and reflection that supports Next-Level leaders. Each workshop comes with a worksheet for further resources, guidance and ongoing skillbuilding.



Executive Coaching

This six-month, tailored, one-on-one coaching program is for next level leaders. It offers a powerful and personalized understanding of leadership from the inside out. This program has a discovery process, skill building, and execution roadmap. This bespoke program builds on clarity, courage, and confidence.





Group Coaching

Harnessing the power of collective learning, this six-part group coaching program is for next level leaders ready for a deep dive. Expertly facilitated, it offers small groups an intimate and explorative engagement with the leadership framework and the opportunity to build lasting relationships with colleagues.

WORKSHOP: LEADING WITH COURAGE & CONFIDENCE

Leading with Courage & Confidence is a charismatic and innovative presentation that introduces the foundational skills for leadership. Over 90 minutes, the Inside Academy founder Alexandra Kinloch shares stories and evidence-based activities as well as facilitating group discussions and individual reflection that supports Next-Level leaders in building courage and confidence. Using additional resources including worksheets and activities to be completed in-depth after the workshop, participants are supported in continuing learning skills that will develop a courageous toolkit they can reference in times when they are called on to lead.

PAIRABLE OFFERINGS

-  Workshop series
-  Executive coaching
-  Group coaching program

WORKSHOP DESCRIPTION

Are you ready to take your leadership to the next level? Need a confidence boost and strategies to reduce stress and manage change? Being kind to yourself and focusing on your strengths is critical at any level of your career, especially in today's uncertain world. When you transform yourself on the inside, what other people think and say about you changes.

In this workshop you'll learn how to accelerate your leadership skills and build sustainable habits for career success. You'll discover how to be confident and courageous when it counts and how to be kind and gentle with yourself when you need it most. Your confidence will shine through, and others will start noticing you and your innate abilities. You'll walk away with some simple, practical leadership techniques that you can apply right away to allow you to more effectively cope with change and manage today's challenges.

WORKSHOP: SUSTAINABLE SUCCESS

Sustainable Success is a charismatic and innovative presentation that introduces one of the foundational skills for leadership. Over 90 minutes, the Inside Academy founder Alexandra Kinloch shares stories and evidence-based activities as well as facilitating group discussions and individual reflection that supports Next-Level leaders in fostering well-being. Using additional resources including worksheets and activities to be completed in-depth after the workshop, participants are supported in continuing learning skills that will develop an action plan to reduce burnout and increase energy in today's complex work environment.

PAIRABLE OFFERINGS

-  Workshop series
-  Executive coaching
-  Group coaching program

WORKSHOP DESCRIPTION

Inspiring and innovative leadership is most successful when sustainable. Reduce stress, beat burnout, and create greater joy in your work and life through a simple Energy Audit and powerful self-care systems. Learn how to manage your energy, not your time. Understand the four types of energy that you can harness in order to increase your well-being. Determine what success looks like to you and leave with an individualized action plan so you can put your learnings into practice.

OUTCOMES:

- Self-leadership through self-care and awareness of burnout
- Awareness of energy and boundaries
- Increased capacity for sustainable success

WORKSHOP SERIES:

LEADERSHIP FROM THE INSIDE OUT

This series of three 60-minute workshops takes a deep-dive into the foundational skills for leadership. Titled *(1) Gaining Clarity*, *(2) Building Courage* and *(3) Acting with Confidence*, each workshop comes with a worksheet for further resources, guidance and ongoing skillbuilding.

This charismatic and innovative workshop series introduces the foundational skills for leadership. Over three sessions, Inside Academy founder Alexandra Kinloch shares stories and evidence-based activities as well as facilitating group discussions and individual reflection that supports Next-Level leaders in gaining clarity, building courage, and acting with confidence. Using additional resources including worksheets and activities to be completed in-depth after the workshop, participants are supported in continuing learning skills that will develop a courageous toolkit they can reference in times when they are called on to lead.



1) Gaining CLARITY

Define your career or leadership vision and understand how your unique strengths and skills can support you. Ask the question – what could be possible if fear didn't get in the way? Bring awareness to the internal and external challenges arising, and learn the skills to support yourself through challenges.



2) Building COURAGE

Invest time and energy to build the skills to stay courageous. Prepare yourself to grow and learn mindset techniques that will strengthen your leadership potential. Inspiring leadership is most successful when sustainable. Reduce stress, beat burnout and create greater joy in your work and life through an Energy Audit and powerful self-care systems.



3) Acting with CONFIDENCE

How can you be yourself as a leader? Learn what confident leadership means to you and discover what it takes to create that in the workplace. Define the roadmap to achieve your vision, and know what success looks like (and the importance of celebrating it!). Feel confident in your ability to continue building on your success through the clarity, courage and confidence framework.

EXECUTIVE COACHING

The 6-Month Executive Coaching Leadership Program is designed specifically to take high performing leaders to the next level. We work with the leader, manager, HR and relevant cross-functional team members to ensure desired leadership capabilities are being realized within the workplace. The program accelerates leadership skills and builds sustainable habits for consistent excellence by providing practical leadership techniques that can be applied right away, acting as a thought partner and sounding board, providing ongoing leadership development feedback, giving real time assistance with business or leadership challenges and ensuring leadership goals are met or exceeded.

PROGRAM

- Goal Setting - in partnership with the manager, coach and leader
- Coaching Sessions - weekly or bi-weekly sessions in person or virtual
- Assessment Interviews - confidential interviews with cross-functional team members to gain insight for development purposes and give feedback to the leader
- Leadership Resources - books, articles, check-lists, templates given to meet goals
- Check-in sessions with manager - regular sessions scheduled to manage progress
- Review & Evaluation - Determine action plan for next steps

TANGIBLE OUTCOMES WE FOCUS ON

- Executive presence and public speaking and presentation skills
- Effective remote work & team management
- Communication, listening & emotional intelligence skills
- Ability to effectively manage a diverse team
- Strategic thinking and techniques to be an inspiring leader
- Self confidence & courage
- Cultivation of healthy mindsets to stay positive during challenging situations
- Ability to self regulate and manage energy
- Reducing stress, anxiety and burnout to increase engagement, retention and quality of work

GROUP COACHING



Harnessing the power of collective learning, this six-part group coaching program is for next level leaders ready for a deep dive on *Leadership from the inside out*. Expertly facilitated, it offers groups of eight to ten people a deep and explorative engagement with the leadership framework and the opportunity to build lasting relationships with colleagues.

Our visionary leadership program covers the essential elements providing a foundation to develop effective, thriving and successful leaders.

PROGRAM

- 90 Day or 6 Month program - in person/virtual. Delivered once or twice a month.
- Hone practical leadership skills to support the inner and outer work of being a leader.
- Program covers 6 education modules - topics selected based on participant need.
- Outcomes - greater knowledge of what it takes to be a leader - leadership techniques, practical skills to apply right away and a rich, professional network.
- Train the trainer and online options available for rapid scalability.

Happy Clients



"I had the amazing good fortune of having Alexandra Kinloch do a six-part, small group coaching session for a select group of women leaders at Logitech. The results were ASTOUNDING! Alexandra's program created a unique opportunity to hone practical leadership skills in a small group environment that supported both the inner and outer work of being a leader. Over the course of a few short months, these leaders made measurable and noticeable gains."

Jessica Amortegui - Senior Director, L&D at Logitech

"Alexandra brought boundless energy, thoughtfulness and grace to her work here at the Center. To the program design process Alexandra brought valuable experiences working with entrepreneurs and helping women in particular build confidence and self-efficacy. And she was intentional in how she helped increase learning opportunities for these founders and was mindful of every aspect of the experience."



Celena Aponte, Nasdaq Entrepreneurial Center



"I was promoted within a couple of months of starting the program. This was due to my increased confidence during interactions with executive stakeholders. I've also been asked to take on several leadership opportunities that have come up. I have increased my confidence interacting with executive stakeholders, built stronger working relationships and increased my ability to influence."

Senior leader, Jazz Pharmaceuticals

OUR SIGNATURE FRAMEWORK

Our framework and facilitation style has been developed over a decade of listening to and supporting the emerging needs of leaders around the world.

This is a sustainable process that can be repeated, deepening each time as the call for new leadership skills and situations arise.



Gain CLARITY

Turn inward to gain clarity on your vision; understand your strengths, fears and areas for growth.



Build COURAGE

Invest time and energy to build the skills to stay courageous; innovate with sustainability and self-care.



Act with CONFIDENCE

Take action by leading with confidence; bring your vision to life with clear communication and celebrate success.

Meet The Founder



Alexandra Kinloch

Executive Leadership Coach

Alexandra is a gifted executive coach and facilitator with over 15 years of global and San Francisco Bay Area experience, consulting with the world's top companies. She is an award-winning entrepreneur, speaker, and strategist who works with companies and executives worldwide to enhance leadership skills and bring meaningful connections to the workplace. Alexandra is a thought leader with a passion for the future of work and the intersection of innovation, wellbeing, people and technology. She believes in the power of individuals to take the lead both personally and professionally by equipping them with the confidence and skills to thrive in today's complex environment.

Alexandra is an advocate for Diversity, Equity & Inclusion with deep experience in closing the gender gap and increasing the number of women in senior leadership positions. She regularly speaks at conferences on the topic, runs group coaching programs and created Fearless Female Founders to inspire more women to succeed in the startup ecosystem.

Alexandra holds a Bachelor's Degree in Arts (Marketing) and a Graduate Certificate in Entrepreneurship and Innovation. She is also a Certified Professional Coach.



Thank You!

I would love the opportunity to work with you and your team. A good next step is for us to jump on a call to discuss how we can bring these innovative programs to your company.

[Book a time on my calendar here and I'll speak with you soon!](#)

Alexandra

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