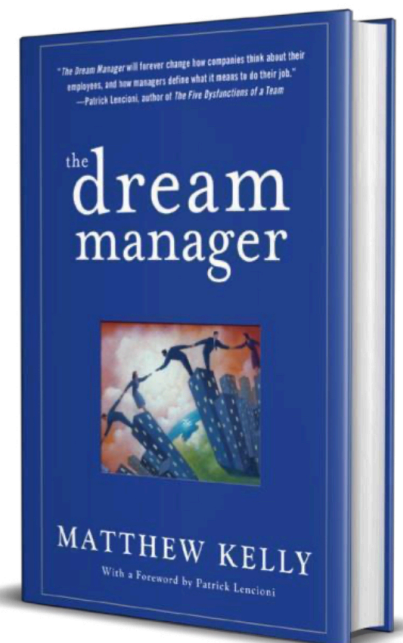


The Dream Manager Program is one of the most unique benefits you can provide your employees!

The Dream Manager Program (“The Program”) is the ultimate life-coaching program developed by Floyd Consulting. The Program is based on the concept that unfolded in *The Dream Manager* story and is complemented by personal, strategic planning device practices. Together, these areas provide a comprehensive approach for people to achieve their dreams and develop a personal, strategic plan for their life both personally and professionally.

Key concepts from another Matthew Kelly book, *The Rhythm of Life*, helped provide a holistic approach to each session so that participants can move toward greater life balance and discovering the-best-version-of themselves®.



How does the dream manager program benefit companies?

- Creates dynamic relationships
- Improves morale
- Increases employee engagement
- Decreases unwanted turnover
- Develops management and leadership skills
- Teaches employees to think strategically about business challenges

How does the dream manager program benefit individuals?

- Helps employees develop a personal strategic plan
- Creates clarity around goals, ambitions, and dreams
- Develops life balance, improves health and wellness
- Provides extraordinary career pathing
- Increases engagement in life, work, and relationships
- Develops management and leadership skills
- Provides a vision for a bigger future
- Increases engagement in life, work, and relationships

As participants are challenged to develop a life-changing, personal strategic plan, the program experience provides regular accountability, thought-provoking content, and encouragement to follow through with the plans they develop. My role as your company's Dream Manager is to guide the process and lead participants through the program experience.

Participants in The Program will meet with me once a month for 45-60 minutes. Small group sessions can be facilitated once a month for 90 minutes. During each of these sessions one module from the dream manager course is covered. Brief descriptions of each of the first 12 modules appear on the following pages. Each session has unique material as well as common elements that provide continuity from one session to the next.

Each participant receives a Dream Manager Program workbook to take notes, write observations, complete exercises, and track progress from one session to the next. Take home activities allow participants to keep momentum going between our coaching sessions and help them create positive habits. These take home exercises allow participants to integrate Program content into their life and apply what they have learned.

Overview of Program Content for Year One (Sessions 1-12)

Session 1 - Your Essential Purpose

In this introductory session, participants learn about the structure of The Program and discuss their specific hopes and expectations. Participants are invited to expand their list of dreams and review the various learning opportunities that are used throughout The Program. I will provide each participant with a Program workbook containing sessions 1-12, a copy of *The Rhythm of Life*, and a dream journal. We will discuss how to make the most of the program and affirm the confidentiality pledge that is part of our coaching relationship.

Session 2 - The Architecture of Dreams

Participants learn how to develop specific and measurable action plans to achieve their dreams in this session. I challenge each participant to refine their target dream action plans and equip them with a framework to achieve dreams on their dream list. To set the stage for the future sessions, participants identify four target dreams to achieve so that I can provide regular accountability throughout the program.

Session 3 - Money and Your Dreams, Part 1

Because each dream has a financial component and because so many participants select target dreams from the financial area, Session 3 begins a two-part look at the financial area and each participant's financial habits. This session explores the genesis of each participant's feelings towards money and provides a quick diagnostic look at the participant's financial reality. The main take home activity is for each participant to create or refine their personal budget.

Session 4 - Money and Your Dreams, Part 2

Continuing to focus on the financial area from Session 3, this session stretches participants to consider what it would take for them to secure financial freedom and challenges them to consider how much things really cost - in terms of both dollars and time in their life. To provide a baseline for future comparison, participants complete a personal net worth calculation as part of their homework.

Session 5 - The Genius of Personality

Using the Myers Briggs type indicator as a discussion tool, participants identify their personality type and explore how their type impacts their work, relationships, and energy. Participants review the report overview for their unique type and to look for ways in which their strength and areas of opportunity emerge in their life.

Session 6 - Time and Energy

This session provides participants with an opportunity to look at how they spend their time and how they manage their energy. By completing a 24 hour time inventory, participants can better identify how they spend their time and look for activities to eliminate, reduce, or replace in effort to increase their energy. Discussion also challenges participants to identify the people, places, and activities that flood or drain their life and energy.

Session 7 - Physical Mastery

An exploration of diet, sleep, and exercise habits helps each participant identify ways in which they can become the best version of themselves. In this session participants identify at least one new habit that relates to the physical area and are encouraged to focus on that habit as their take home activity.

Session 8 - Emotional Mastery

Tailoring Matthew Kelly's framework from *The Seven Levels of Intimacy* to the goals of the dream manager program, this session helps individuals improve their relationships. Together, we'll examine the seven levels of intimacy model and discuss connections to actual relationships in each level.

Session 9 - Intellectual Mastery

While some people do not feel that they are intellectual, questions are provided to help participants explore other ways to learn and grow beyond just traditional education. This session highlights the program's goal of helping each person become a lifelong learner.

Session 10 - Spiritual Mastery

This session explores how participants can nurture and grow in spirituality - whatever that might look like for each participant. Specifically, this session focuses on ways that we can better understand who we are and what our connection to the larger world is. For some participants, a particular faith practice is shared as a way in which they explore this area. For other participants, these pursuits are not mentioned or brought up. In keeping with the participant-focused approach of the program, I follow the direction that the participant sets in this session. After exploring spiritual dreams for each participant, and how to grow in spirituality, the session concludes with a look at how spiritual disciplines can help create self possession and ultimately, freedom.

Session 11 - Professional Mastery

Connecting the role that the professional area plays in our overall pursuit to become the best version of ourselves, participants explore professional dreams for the future in this session. My aim is to help participants develop specific and measurable action plans to achieve certain target dreams that are important to their professional growth and satisfaction.

Session 12 - Your Character Is Your Destiny

As a way to identify growth from participating in The Program, session 12 begins with an inventory of ways in which each participant's life is different in comparison to when they started with The Program. With the understanding that virtue is the ultimate organizing principle for us as humans, we will explore the role that plays that virtue plays in their life. Participants look for ways to grow in virtue and develop their character. This session concludes with a look ahead to year two of the program and the specific areas that the participant would like to focus for the next 12 months.