

Frequently Asked Questions

What can I expect from this course? What is it and what is it not?

This is a self-paced course that builds a strong foundation for effective management and leadership. You will learn practical tools to strengthen leadership authenticity, develop skills, and improve team effectiveness. You will gain reflection practices and strategies you can apply immediately.

This course is designed for action and growth. It is **not** theoretical or passive learning.

Why should I participate in this leadership course instead of others?

This course focuses on the connection between mindset, behavior, and real-world application. Rather than only teaching concepts, it helps you translate learning into meaningful change through structured reflection, practical tools, and optional coaching support.

Who is this program for?

This program is for anyone who wants to lead with greater intention, clarity, and integrity, including:

- Aspiring or new leaders building confidence and foundations
- Experienced leaders seeking enhance alignment and commitment with their teams
- Executive leaders who want to strengthen leadership culture
- Organizations and HR teams looking for a flexible and affordable leadership resource
- Leadership Coaches who want a self-guided option to support their clients

Do I need to be a manager or leader to participate?

No. Leadership is not about position. It is about influence and impact. This course is relevant for anyone who wants to lead with intention and integrity.

What is on the other side of this program?

Participants often experience greater confidence, clearer priorities, stronger communication, and more intentional decision making. You will leave with practical tools you can continue using long after the program ends.

What is the difference between the Learning, Application, and Transformation options?

- **Learning:** Course access with self-guided reflection and tools.
- **Application:** Course plus three one-to-one leadership coaching sessions. Coaching helps you translate insights into sustained action related to your specific leadership goals. Coaching sessions can be added at checkout.
- **Transformation:** Course plus three coaching sessions and a leadership assessment such as DiSC, LPI 360, Influencing Styles Inventory, or an Emotional Intelligence assessment. This option provides deeper personal insight into your leadership patterns and impact. Contact ariela.rosenstein@anrstrategies.com for details.

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Do I need any prior knowledge to enroll?

No prior leadership training is required. The program is designed to meet you where you are.

What technology or software do I need?

You need an internet connection and a computer, tablet, or smartphone. You will download course tools, and we recommend having a way to write and take notes.

How long does the program take to complete?

Most participants complete the course in about one month, depending on their pace. Expect to spend about two hours per week on videos, reflections, and activities.

How long do I have access to the program?

You will have three months of access. Please download materials before access ends.

What types of learning activities are included?

Short videos, guided reflections, practical exercises, worksheets, and real-world application activities.

Is there a community or forum to connect with other learners?

Yes. Each module includes a discussion space. There are also two live sessions offered in different time zones where participants can connect, share experiences, and discuss course themes.

Will I receive a certificate of completion?

Yes. Participants who complete the program may receive a certificate of completion.

What should I do if I need help?

You will receive support contact information after enrollment. We are here to help you succeed.

Can I bring this to my team or organization?

Yes. The program can be delivered to teams and organizations. **Contact ariela.rosenstein@anrstrategies.com to discuss options and licensing.**