

# HEADLIGHT



The  
Headlight  
Program

# about

The Headlight program is a three month program that will forever change your approach to work.

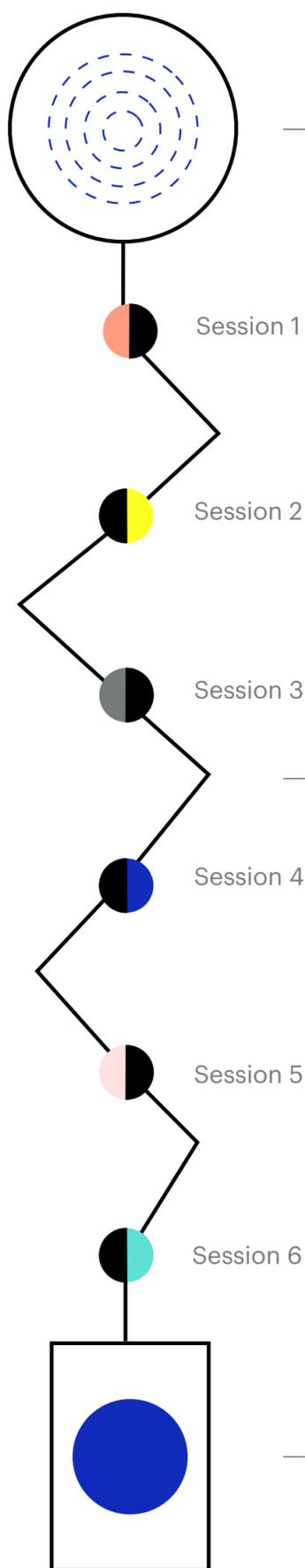
Over the three months the Headlight Program uncovers your Hidden Curriculum and help you create a vision for your work life.

Your personal trainer will help you approach work in new and courageous ways and start living you work life to fulfill your personal vision.



# the program

The Studio Day



Recognition Day

## Studio Day

The program kicks off with a Studio Day. It's a full day devoted to uncover your Hidden Curriculum.

You and 6-10 likeminded and wonderful people will go through a series of assignment that will provide insights into yourself and how you approach work life.

We run Studio Days in Copenhagen, Berlin and Los Angeles.

## Sessions and training

You have two FaceTime sessions with your personal trainer every month.

The purpose of the training is to start living you work life to fulfill your personal vision.

Together with your trainer you discuss situations when your 'usual' approach fails you and how to adjust it. Then you go and do it in real life.

## Recognition Day

At the end of the Program, you meet up with the same people who attended the Studio Day to discuss concrete situations, share learnings, and honor the progress you all made.

# copenhagen

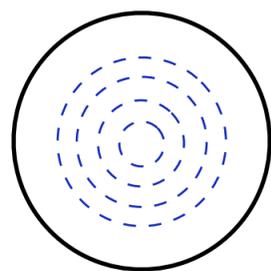
April 24 / May 15 / June 11 / Aug 8 / Sep 4 / Oct 9 / Nov 20 / Dec 11

# berlin

May 5 / Aug 28 / Nov 6

# los angeles

Feb 12 / May 7 / Aug 21 / Dec 4



# studio day

The program kicks off with a Studio Day. It's a full day event devoted to uncover your Hidden Curriculum.

Our Head of Program Erik Algreen will host the day and guide you and 6-10 likeminded, wonderful people through a series of assignments.

At the end of the day your Hidden Curriculum is uncovered and transformed into a personal vision for your work life.

We run Studio Days in Copenhagen, Berlin and Los Angeles. Watch a video of a Studio Day [here](#)

## Studio Day Agenda

- Status Quo
- Vision
- Lunch
- Discipline
- Possibilities
- Wine





uncover

hidden your

curriculum



# hidden curriculum

*Uncovering your Hidden Curriculum is about getting insights into yourself and how you approach work life. We call it hidden because it's something most of us are not aware of. But it's there - it just need to be uncovered.*

## **Status Quo**

The first assignment is called Status Quo. It's the inventory check. Where are you in your work life today? What results are missing? And what would you like more of? The Staus Quo is your starting point to which you will measure progress.

## **Vision**

Next, you create a vision for your work life. Basically that's figuring out what work gives you when at its very best. The vision translates into a set of values that will guide your decisions and actions. When your vision is fully stimulated your perform at breaknecking speed and have lots of fun at the same time. Yes, work can be fun and rewarding. The next step is to make it happen. That's the hard part and what you will be doing when training.

## **Disciplines**

Throughout life we observe and adapt to situations. From a very early age we start favoring some approaches over others. That's what shapes and define us. Some people are really good at looking out for others, but forget to take care of themselves. Others have a hard time committing if they don't feel they can control everything. At Headlight we are not too concern with why this happens, but we are very interested in how we can change it for the better. The discipline exercise help you figure out what your general approach is.

## **Possibilities**

The final exercise on the Studio Day is called Possibilities and basically it helps you figure out what will be possible if you begin living your work life according to your vision and you learn to master your discipline.

# sessions & training

You have two FaceTime sessions with your personal trainer every month. The purpose of the training is to start living you work life to fulfill your personal vision.

Together with your trainer you discuss situations where your “usual approach” fails you.

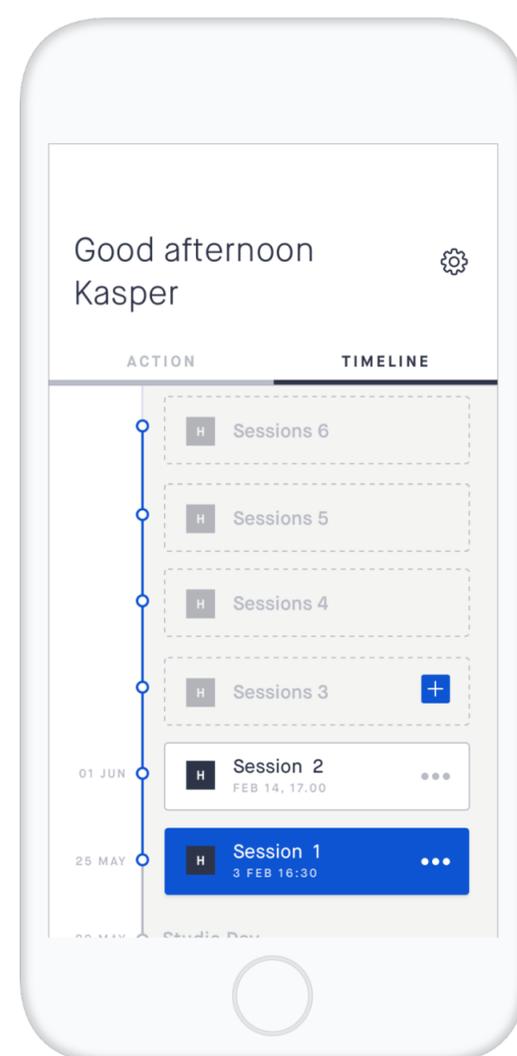
Slowly you learn to spot when you take the familiar route even though it's not optimal or even destructive and how to change your approach to get better results and less frustration.

We exploit everyday work situation so there's no assignments or homework and we have developed a variety of tools to help and guide you in these situations.

Your trainer will introduce the tools and you will apply them to real life situations. The tools are designed as simple questionnaires and guides that help you e.g. prepare a meeting to get full buy-in from stakeholders or to gain transparency on which projects you should focus your energy on.

All the tools are accessible through the Headlight App which is It's free and yours forever. With the Headlight App you can:

- Book sessions with your Trainer
- Have FaceTime training sessions
- Get access to your Hidden Curriculum
- Use the Headlight tools to guide you in your work



# personal trainers

Two things characterizes all the Headlight Trainers. They have a lot of love for you and they are committed to ensure you make the change you are seeking:



## Adrienne Kenton

**HEADLIGHT TRAINER  
LOS ANGELES**

Adrienne has 20 years of experience empowering individuals and organizations in executing their vision. Adrienne is an intuitive, energetic, optimistic leader and has worked a lot with creatives especially in the film industry in Los Angeles.

## Anita Ehrhardt

**HEADLIGHT TRAINER  
COPENHAGEN**

Anita is a certified Career Coach with over 20 years of experience from around the world. Before settling in Denmark, Anita lived in Washington and New York working as an Advertising Director. For the last 10 years, Anita's professional focus has been in performance management and career development.

## Patrick Tang

**HEADLIGHT TRAINER  
COPENHAGEN**

Patrick has 18 years of experience as business psychologist helping people develop.

Patrick has been in charge of the international talent and leadership development program at B&O and has also worked as HR manager at Deloitte, Vestas and SHL Group.

## Shelley Milsap

**HEADLIGHT TRAINER  
LOS ANGELES**

Shelly is an experienced executive coach with expertise within leadership development and cultural change. Shelly has a Masters of Arts degree in Organizational Psychology from Columbia and is a professor at Vanguard University where she today teaches business ethics.

**meet your fellow headlighters** —————→

# head lighters



**Bowen**  
Co-Founder, Wonderwerk

"Startups can be difficult when there's no manager around to give feedback. Headlight has helped me get to the root-cause of a problem that has been holding me back for years."



**Dixie**  
CFO, Founders

"Headlight provided a good framework to reflect over what is important to me and whether I am living my everyday life according to my full potential. Sounds basic, but somehow these exercises always gets pushed off the to do list by "more urgent things".



**Frederik**  
Head of Brand Strategy & Development, Danske Bank

"Headlight has been a real journey and personal breakthrough, enabling me to explore and challenge competencies further through application of easy-to-use and impactful tools constantly developing me as a more dynamic professional and social individual"



**Clara**  
Pediatrician, Rigshospitalet

"Headlight surprised me. The tools are concrete and have already changed the way I approach my work. I see my work life in a new light and really feel more engaged."

# it's not for the faint of heart

You will need to roll up your sleeves and approach work with new and daring perspectives. Reaching unique results takes heart and determination.

Are you up for the challenge?

The Headlight program costs 2.500 EUR

Most people have their employer pay for the Program, but you can of course also pay out of your own pocket.

It's also possible to pay over your gross salary. This is a smart solution where you in a way share the cost with your employer.

If you are interested in how to pay over your gross salary please contact [riina@weareheadlight.com](mailto:riina@weareheadlight.com) and we can walk you through how this is normally done.

