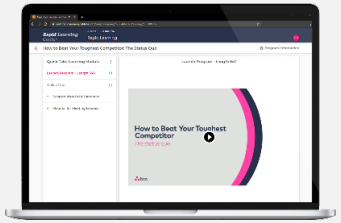
MVP Leadership 90-Minute Workshop

Pre-session

Watch trigger video

6-min



90-minute workshop

Discuss trigger video

10-min

Coach teaches the BTS Mindset

25-min

Breakout session

20-min
Group learning and interaction on mindset exercises

Mindset Shift

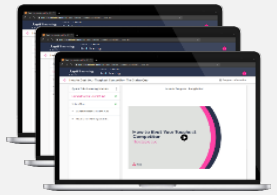
25-min
Combine mindset concept, breakout input & group exercises to enable sustained behavior change

Action plan & wrap-up

10-min

Post-session

Follow up

6-min
Assign additional micro-videos

Schedule
Get Togethers
(leader-led coaching)