

# illuminate\*

discover your true potential



## Why

In today's fast-changing world, managers and leaders need to be more adaptable, agile, and resilient. They must also have the inner confidence to step out of their comfort zone and lead their team into the unknown. When you have a sound understanding of who you are, and what value you bring, you're less likely to be buffeted by the turbulent winds around you. This self-confidence can have a powerful ripple effect on others.



## What

At the heart of our illuminate\* programme is Lumina Spark, a cutting edge psychometric tool. Each participant receives a highly personalised Lumina Spark Portrait based on 144 questions that explores individual preferences for 4 color archetypes, 8 aspects, and 24 qualities. This is further broken out into 3 personas. Then, in a live training session with our Certified Lumina Spark coach, they'll learn how use this rich insight to bring out the best in themselves - and others.



## Who

Illuminate\* is ideal for managers and leaders who want to unlock their own potential and lift the performance of their team. Participants will learn how to:

- Play to their natural strengths
- Discover hidden talents
- Cope better under stress and pressure
- Address conflict and build trust
- Flex their style to get the best out of others
- Work together to deliver exceptional results



## When

This programme is typically delivered over 2-3 weeks for both individuals and groups.

The process for participants is:

- Receive "Welcome" email with links
- Complete online Lumina Spark questionnaire
- Receive personalised Lumina Spark Portrait
- Complete pre-work on our academy portal
- Attend live training session with Lead Coach
- Complete post-work on our academy portal
- Receive Certificate of Achievement



## How

### highly personalised

Each participant receives a personalised 38-page Lumina Spark Portrait plus access to our academy portal with supporting videos, articles, and templates.

### highly interactive

Whether it's zoom or face-to-face, our live training sessions are fun and interactive with plenty of peer sharing, co-coaching, and facilitator feedback.

### highly practical

With our strong coaching approach, participants apply their insights to real challenges and develop action plans they can put into practice immediately.



## Us

Here at brainsparker, we bring over 18 years of experience coaching managers and leaders to step up and shine. Our programmes blend online learning with live facilitation both virtually and face-to-face. We're based in London, UK, and work globally.