



























## **EVERYTHING A SMART BUSINESS NEEDS**





"The most intelligent and inventive business writing pair in the UK"

Dr. Fergus Boyd, Former IT director, ba.com, Virgin Atlantic, Yotel, and Soho House Group





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We are a Training, Education, and Business Development company that creates thoughtful books and products for smart business brains with a conscience.

Expert Advice | Sleeping Lion (EASL) exists to create helpful books, online products and training programmes to educate and inspire businesses and individuals to be their best.

Our success in doing this enables us to support the things we care about through our commitment to donate a minimum of 5% of annual revenue to good causes (through cash and product donations).

We Create, Educate and Donate.

## Being your BEST BUSINESS SELF



## Being a BETTER BUSINESS



Our company purpose is to Create, Educate and Donate.

#### CREATE

- We have read and summarised over 500 business books and made the summaries available for free through Greatest Hits Blog (greatesthitsblog.com).
- We have written over 40 business books, including 10 best-selling and award-winning Concise Advice titles.
- We have invented The Aces System® business skills typology and microlearning platform for individuals, teams, or entire companies to help people be their *best busines self*.
- We have invented The PLANET System®, an online Sustainability/ESG self-audit, education, and improvement platform to help promote *better business*.

#### **EDUCATE**

- We have over 16 established training programmes (in-person or online) and have trained over 20,000 people.
- We also offer a library of sampler educational content available for free for those without significant training budgets.
- We collectively have over 100 years of business experience in a range of sectors, including leadership roles and international projects.
- We offer consultancy, mentoring and facilitation from board level to early careers.

#### **DONATE**

• We donate at least 5% of our annual revenue to good causes through cash donations, books and pro bono work.

## The Team

The Duncan team is an interesting blend. Our experience spans four decades, with collective knowledge at the 100-year mark. Detailed sector experience is as diverse as hospitality, sustainability, media and mental health.

Cross-fertilizing this knowledge leads to interesting combinations. Using in-depth sustainability experience to inform new plant-based menus in hospitality. Using mental health knowledge to help people at any stage of their career. Using spatial thinking to enhance team performance.

**KEVIN DUNCAN** is a business adviser, marketing expert, and motivational speaker. He is the UK's best-selling business author, and has written over 20 books, which have sold over 250,000 copies, and been translated into over 20 languages. They have been voted Telegraph Business Club Book of the Week, WHSmith Book of the Month and Foyles Book of the Month.

After 20 years in advertising and direct marketing, he has spent the last 25 years as an independent troubleshooter. In agencies, he worked with 400 clients, deployed £600m of funds on over 200 brands, oversaw over 1,000 projects, and won 35 awards for creativity and effectiveness. As Expert Advice, he has carried out over 1,000 jobs for over 200 clients.

**SARAH DUNCAN** is a business advisor who now specialises in Sustainability (ESG). She has been in business for over 35 years.

She wrote The Ethical Business Book in 2019, and co-wrote The Sustainable Business Book with Kevin in 2022. She has continued to build her knowledge in the area of sustainability by successfully completing a Business Sustainability Management course at Cambridge Institute for Sustainability Leadership and a Circular Economy course with Delft University of Technology. She designed and created The PLANET System® and The ACES System® online products. She helps businesses understand the commercial and moral benefits of sustainable and ethical business practice (or ESG - Environmental Social Governance).

**ROSIE DUNCAN** has over 15 years of experience across 40 brands. She has worked in all corners of the marketing industry, including creative, digital, media and production agencies, media owners and client side, including Saatchi & Saatchi, Wavemaker, Metro and King's College London. She has 19 industry awards to her name, one of which is the world-renowned Young Cannes Lions Award.

She is especially interested in areas surrounding communications and mental health, working with several mental health research centres at King's College London alongside mentoring those in the first decade of their careers. She is author of The Early Career Book, and co-author of The Excellence Book with Kevin. She is also on the Marketing Advisory Board for Help for Heroes.

**SHAUNAGH DUNCAN** is a sustainability professional with 10 years' experience in the creation, development, management and delivery of sustainability strategies across different sectors. She is currently working as Head of Sustainability for Europe & International Markets at Oatly. Shaunagh thrives in the sweet spot between science, policy and comms, creating and delivering engaging sustainability strategies backed by science.

She is a Master of Business Administration and has an MSc in Sustainable Energy Futures from Imperial College London. She provides ad-hoc advice through Expert Advice/Sleeping Lion on particularly technical aspects of sustainability.









## **Certified B Corp**



# Accessible to Everyone

We became a BCorp because we feel strongly about social and environmental issues. Our commitment to the BCorp process shows a wider intent to help people and the planet.

We resolved a few years ago to change the business for good – not that it was particularly bad beforehand. The discipline of the BCorp process forced us to ask questions that we hadn't previously and become much more diligent about monitoring evidence about our impact.

As part of this, we made a commitment that each year we will donate at least 5% of our annual revenue to charity through cash donations, books and online products plus increase our pro bono work.

Charities we have supported over the last couple of years include:





















Expert Advice/Sleeping Lion has a suite of training, educational and advisory products to suit all business needs and resources.

- If you have no money, there are 10 blogs with a range of videos, podcasts, example techniques and templates to download. Plus The PLANET System® sustainability self-audit is free, generating an ESG report in less than a minute. And our online academy allows you to download courses and modules to replicate some of our in-person training wherever you are in the world.
- If you have a little money, there are a set of books, ebooks, and audiobooks to buy for less than £10.
- If you have £50-1000, The Aces System® skills typology and self-improvement platform for individuals costs just £50. The PLANET System® suite of online products also contains the full PLANET Pro platform for just £500.
- If you have a modest company budget, then one or two workshops for a few thousand pounds might do the trick.
- If you are a larger company with a five-figure budget, then we can run full training programmes for large numbers of staff, or provide consultancy and mentoring.

## The Business Library

- The products in this brochure represent over 100 years of business experience.
- The engine that drives all the thinking is our Business Library: greatesthitsblog.com – to our knowledge the world's biggest free business library.
- This has been a labour of love for over 25 years, with over 20 million words read.
- Categories span leadership, behavioural economics, ethical strategy, creativity, innovation, sustainability and much more.



## The Concise Advice Books

The Concise Advice series was invented by Kevin Duncan and his publisher. It now contains over 40 books, 12 of them written by Kevin, Sarah and Rosie.

Unlike most business books that are too long and padded out with too much material, these books take the full wisdom of wide-ranging business reading and reduces concepts down to their pithy minimum, typically on one spread.

On average each book or topic is the result of over 25 other books, researched, summarized, condensed, and re-purposed to generate templates and techniques ready for immediate action and application.

Deep wisdom, judiciously applied, means that the books, topics, templates and customized material are a fertile resource for any business.

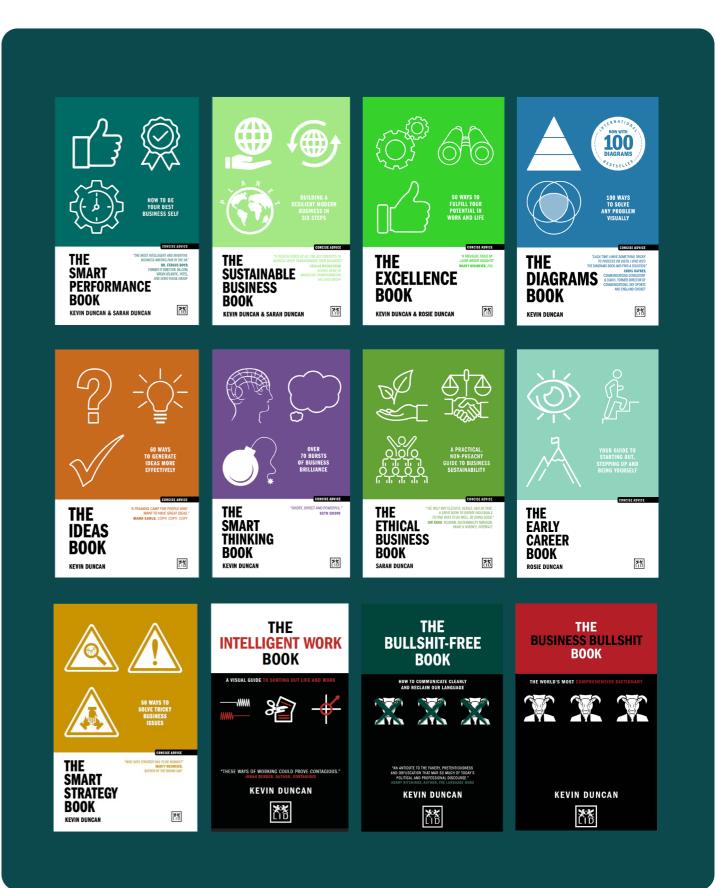
This allows the time-pressed executive to grasp ideas at speed and put them into practice straightaway.

The handy pocketbook format is ideal for training, note-taking and idea generation on the go.

With their highly visual format and minimal copy, the books have a wide international appeal and have been translated into over 20 languages.

Sales to date are around the 250,000 mark.

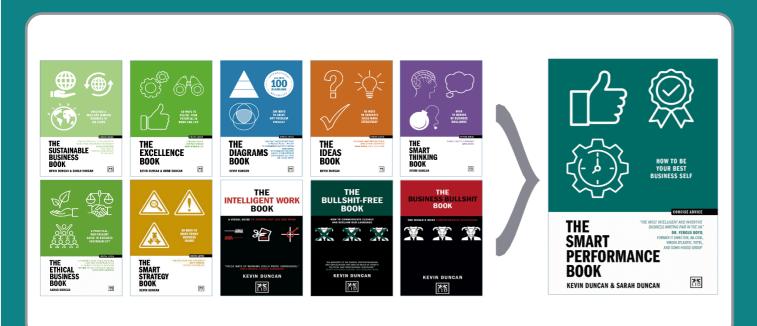
Ten years on, many of the Concise Advice series titles are now available in paperback.



## **The Smart Performance Book**



The Smart Performance Book provides the gateway to the wisdom contained in all our other books.



At its heart is the ingenious ACES System®. Far more commercially astute than basic psychological profiling methods, the system enables you to highlight your self-improvement areas, and immediately provides you with the learning material to develop your skills.

It covers every aspect of high-functioning business performance, from attitude, action, creativity and communication to efficiency, empathy, strategy, and sustainability.

















There are 56 possible typologies, based on your primary and secondary strengths.









### The ACES System® Online

The Aces System® is also available online. Here's how it works for individual skills assessment and microlearning.

#### Step One:

Take short online self-assessment of 80 questions, which takes around 5 minutes.

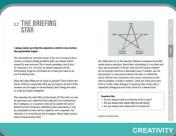


Receive an instant personalised report, including individual typology, skills histogram, and over 150 pieces of built-in signposted self-improvement microlearning. No piece is longer than 3 minutes, but there is over 8 hours in total.











The ACES System® is a registered UK trademark of Expert Advice Limited and held at the Intellectual Property Office in the United Kingdom. Trade Mark No. UK00003870556

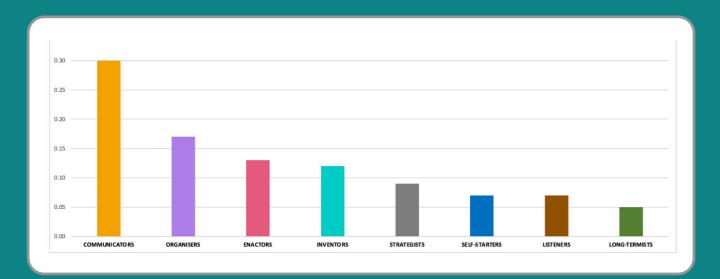
## **Smart Business Performance**

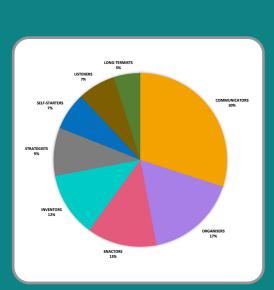


### **For Companies**

Companies can use The ACES System® to gain an immediate overview of the skills range of their staff, analyse current team strengths and weaknesses, identify skills gaps, provide immediate signposted microlearning and development support, and inform recruitment and training decisions.

Appraisals are transformed by the presence of quantifiable data, and results and progress achieved can be monitored four times faster than normal training assessment programmes.







### **The Smart Performance Interactive Workshop**

To our knowledge, there is no other workshop like this in the world.

We can take up to 20 attendees in each session. This could be a specific group such as a leadership team, or we can work through an entire company.

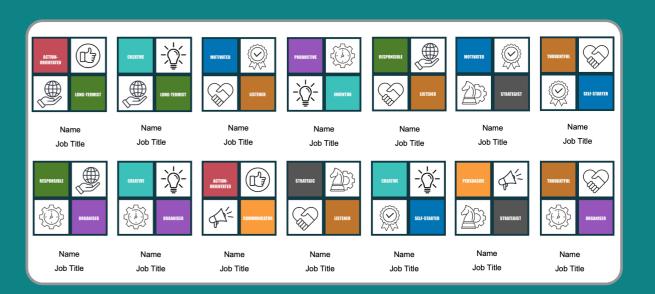
First, everyone takes the test.

Whilst Kevin works through initial helpful material, Sarah collates all the responses. Within 30 minutes, we present the full picture to the room – an overview of all the skills present.

We explain their typologies on the spot, discuss team dynamics, and immediately provide the training themes that are most relevant to the people in the room.

So for example if a high proportion of attendees require training on creativity, we deliver it immediately. Equally, we can work through material on attitude, action, communication, efficiency, empathy, strategy, or sustainability.

This format provides on-the-spot help for those needing to develop their skills.



### **Specific Skills Training**

Having identified areas of highest needs, we can also train on individual areas: Attitude, Action, Creativity, Communication, Efficiency, Empathy, Strategy, or Sustainability - see following pages.

## **ATTITUDE**

## **Being Your Best Business Self**

This training offers 50 Ways To Be Your Best. It draws together 50 ingenious thoughts to improve your attitude, your approach to life and work, the questions you ask, the decisions you make, and your mental health in general.



#### Provocations, techniques and wide-ranging material to help people build a more resilient approach and create a stronger team by increasing your proportion of resourceful Self-Starters.

## **Smart Negotiation Skills**

Equips all attendees with the necessary techniques to ensure companies are consistently improving margin and making the best use of resources. Complete with practical exercises to enact the wisdom.



#### **EXAMPLE CONTENT**

#### ATTITUDE

- Disenthrall yourself
- You are what you do
- Cultivate a feisty spirit

#### **APPROACH**

- Effort creates opportunity
- Keep the best, bin the rest
- Try everything once

#### **TIMING**

- The future is behind you
- Precrastination
- Don't waste a crisis

#### **QUESTIONS**

- What's it all for?
- Would it help?
- What is enough?

#### **DECISIONS**

- The unknown unknowns
- No permission required
- Strong opinions lightly held

#### **SUMMARY**

At the heart of this training are the personal pledges that attendees are encouraged to make. Typically, they will all find 5-10 provocations that stimulate them to change their attitude or approach to life and work. Mental health has never been more important. and these suggestions can help.

#### **OUTCOME**

This course is a reassuring and thoughtful guide to improving attitude, approach and decision-making. Communal bonding is a helpful side effect, as colleagues share their experiences and find that others experience similar challenges to them.

#### **SAMPLE SOURCE MATERIAL**

#Now - Max McKeown Playing to Win - Lafley & Martin The Stupidity Paradox - Alvesson & Spicer Conflicted - Ian Leslie Effortless - Greg McKeown The Intelligence Trap - David Robson

#### **EXAMPLE CONTENT**

#### HOW TO GET WHAT YOU WANT ON YOUR TERMS

- The bargaining arena
- Negotiating styles
- · The importance of clear language

#### THE 8 STEPS

- Preparing & Arguing
- Signalling & Proposing
- Packaging & Bargaining
- Closing & Agreeing

#### **CRUCIAL SKILLS**

- Decision making criteria
- Barriers to purchase
- Your most powerful word: If
- Assertive listening

#### **NEGOTIATION EXERCISES**

- Three teams
- Each plays role of their own company, then client, then observer
- Each side receives slightly different information on the same topic
- Debrief and learning

#### **SUMMARY**

This is a powerful framework that teaches the skills of excellent negotiation, plus the things that can go wrong. The exercises are always bespoke per session, tailored to the industry, category, company, customer, client, or discipline.

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#### **OUTCOME**

This course ensures that attendees discover a lot about the art of negotiation, and in the process they learn a lot about themselves.

#### **SAMPLE SOURCE MATERIAL**

Never Split The Difference – Chris Voss The Yes Book – Clive Rich Think Again – Walter Sinnott-Armstrong The Negotiation Book – Steve Gates Do Deal - Hoare & Gummer





Provocations, techniques and wide-ranging material to help people to get things done and create a stronger team by increasing your proportion of tenacious **Enactors**.

## **Smart Business Thinking**

Over 70 bursts of business brilliance. The sticky note format is ideal for stimulating teams in fast-paced sessions. Topics include growth, communication, innovation, creativity, relationships, and thinking.



## **Sophisticated Selling**

The latest thinking on modern selling techniques, and how to nurture and sustain excellent long-term relationships with clients and customers.





#### **EXAMPLE CONTENT**

#### **GROWTH**

- All plans are fiction
- All models are wrong
- Hit the target, miss the point

#### **INNOVATION**

- Be relentlessly curious
- Progress not perfection
- Act yourself into a new way of thinking

#### **CREATIVITY**

- Destroy to create
- Turn Ors into Ands
- Quitting can be winning

#### COMMUNICATION

- ROI: Respect = Opinion + Inquiry
- Ban the bull
- · Don't assume people won't understand

#### **SUMMARY**

This training is modular. We can look at growth, communication, innovation, creativity, relationships and thinking on just one subject. Or look at several subjects from one perspective only, for example innovation.

#### **OUTCOME**

This course is fast and thought-provoking. The sticky note format is a powerful way to stimulate teams in a fast-paced manner. The provocations are always highly productive. The outcome always leads to action.

#### SAMPLE SOURCE MATERIAL

Great By Choice - Collins & Hansen
To Sell Is Human - Daniel Pink
The Accidental Creative - Todd Henry
Where Good Ideas Come From - Steven Johnson

#### **EXAMPLE CONTENT**

#### YOUR ATTITUDE

- You are what you do
- · Be a possibilist
- · Be an essentialist

#### YOUR APPROACH

- · Keep the best, bin the rest
- Problem owner, not problem moaner
- Why bother?

#### YOUR CUSTOMERS OR CLIENTS

- · Problem client troubleshooting
- Service v. Servility
- Service recovery

#### **SELLING EFFECTIVELY**

- Establishing the need
- Self-briefing
- Selling in stages
- · Relationship stages

#### **SALES STRATEGY**

- Selling isn't just for salespeople
- Rational drowning
- Who sells most? Introverts and extraverts

#### **SUMMARY**

A powerful hybrid of self-awareness and selling approaches. This wisdom combines both disciplines because over the years it has become apparent that the two are indivisible. Less-experienced attendees will learn all the basic skills, and those with more experience can be coaxed to more advanced skills.

#### **OUTCOME**

This course applies the thinking to real customers and clients so that attendees go away with fresh approaches that they can apply immediately in their day-to-day work.

#### SAMPLE SOURCE MATERIAL

Decisive – Chip & Dan Heath Smarter Faster Better – Charles Duhigg One + One = 3 – Dave Trott The Challenger Sale – Dixon & Adamson





## **CREATIVITY**

### **Creative Idea Generation**

How to run brainstorms properly and generate ideas more effectively. Very powerful for stimulating individuals, and a more creative culture. Includes a suite of techniques that can be used again and again.



Provocations, techniques and wide-ranging material to generate intelligent and innovative ideas and create a stronger team by increasing your proportion of inspired **Inventors**.

## **Smart Thinking + Innovation**

CPD CERTIFIED The CPD Certification Service

A series of provocations to provide the springboard for original thinking. Fast-paced stimulation that can be attached to any brief or challenge, leading to a high quantity of innovative, lateral thinking.





#### **EXAMPLE CONTENT**

#### PREPARING TO GENERATE IDEAS

- The briefing star
- The right stimulus
- The homework checklist
- The rules of engagement

#### **GENERATING INITIAL IDEAS**

- Three good, three bad
- Think inside the box
- Eyes of experts
- Category stealing

#### **DEVELOPING AND UNDERSTANDING IDEAS**

- Four corner walkabout
- Outliers
- · Train your depth mind
- Post-It voting

#### **JUDGING IDEAS**

- The Potential Pyramid
- The Decision Wedge
- The Idea Bravery Scale
- The premortem

#### **SUMMARY**

This format is hugely productive. It is not uncommon to generate over 100 ideas per session. Once the techniques are understood, they are immediately applied to the specific business issues of the customer or client.

#### OUTCOME

This course provides a powerful injection of creativity into any team or company. The material and training enable all participants to run brainstorms better and equips them with a toolkit of techniques that they can use ad infinitum thereafter. Inspiring and energizing.

#### SAMPLE SOURCE MATERIAL

Inside the Box - Boyd & Goldenberg
Antifragile - Nassim Nicholas Taleb
Thinking, Fast and Slow - Daniel Kahneman
Outliers - Malcolm Gladwell
Creativity - John Cleese
Rebel Ideas - Matthew Syed

#### **EXAMPLE CONTENT**

#### **GROWTH**

- · All plans are fiction
- · All models are wrong
- · Hit the target, miss the point

#### INNOVATION

- · Be relentlessly curious
- Progress not perfection
- Act yourself into a new way of thinking

#### **CREATIVITY**

- Destroy to create
- · Turn Ors into Ands
- · Quitting can be winning

#### **ACTION**

- Break with the past
- Prototyping as shorthand
- Speed doesn't kill

#### SUMMARY

This training combines the stimulating provocations in The Smart Thinking Book with the proven idea generation techniques in The Ideas Book. The result is a high-octane approach to the whole process of innovation.

#### OUTCOME

This course is fast and thought-provoking. The sticky note format is a powerful way to stimulate teams in a fast-paced manner. The provocations are always highly productive and the outcomes highly creative.

#### SAMPLE SOURCE MATERIAL

The Accidental Creative - Todd Henry Where Good Ideas Come From - Steven Johnson Creative Blindness - Dave Trott Making Ideas Happen - Scott Belsky





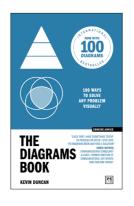
## **Presentation Skills (POV to LOA)**



**IDEAS** 

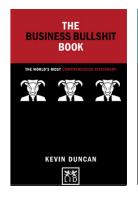
**BOOK** 

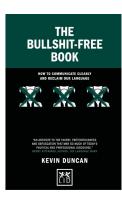
From point of view (POV) to line of argument (LOA). How to have an opinion and get your point across effectively. Advanced presentation and selling skills.



### **Bullshit-Free Communication**

A full review of the psychology behind unclear language, and how to resolve it. The material is amusing yet poignant, followed by serious and practical application to all company materials and meetings.





#### **EXAMPLE CONTENT**

#### THE IMPORTANCE OF A POV

- · Being relentlessly curious
- Assimilating wide-ranging stimuli
- The vital importance of having a hypothesis

#### **MAKING SURE YOU HAVE A POV**

- The briefing star
- Three good, three bad
- Eyes of experts
- Category stealing

#### ONCE YOU HAVE YOUR POV

- Don't stampede to Powerpoint
- Consider your audience(s)
- Start thinking visually

#### SAY IT ON ONE CHART

- The Market Map
- The Bravery Scale
- The Whittling Wedge

#### PRESENTING PERSUASIVELY

- The Central Idea satellite system
- Barriers to purchase
- Who sells best? Introducing ambiverts
- The 12-step LOA map

#### SUMMARY

This is an extraordinarily popular course with every type of business. It combines rapid idea generation with highly effective presentation skills, enhanced by the power of diagrams.

1,000s have taken the course and found that it totally transforms the way they think and present.

#### OUTCOME

This course covers how to come up with excellent ideas, solve strategic problems, have a clear point of view, and structure a compelling line of argument that clients and prospects are likely to accept. This approach is both better and quicker than normal methods, increasing work quality and saving vast amounts of wasted time.

#### SAMPLE SOURCE MATERIAL

Making Ideas Happen – Scott Belsky Sticky Wisdom – Kingdon et al. Left Brain, Right Stuff – Phil Rosenzweig Start With Why – Simon Sinek

#### **EXAMPLE CONTENT**

#### **IDENTIFYING UNCLEAR LANGUAGE**

- Cliché and jargon red alert list
- Ubiquitous and identical materials
- The detrimental effect of unclear communication

#### THE ANATOMY OF BULLSHIT

- What is it?
- · What are the different types?
- · What sorts of people use it?
- · Why do people do it?
- How useful or dangerous can it be?

#### **GUESS THE BRAND**

- Vision, values, mission, and purpose de-constructed
- · Communications blizzard of samey language
- · Lack of differentiation

#### **MATERIALS REVIEW**

- · Website, company report, marketing claims
- External communications
- Internal communications

#### **ANALYSIS AND ACTION**

- · Bullshit examples analysed and explained
- How to deal with bullshitters
- How to remove it from your business

#### SUMMARY

This is a fascinating and deceptive course. Easy to dismiss as pure comedy, it has a deadly serious message. Many companies have working practices and materials that are generic and unclear – something that can always be improved.

#### OUTCOME

This course has the power to clear out all the dead language from a company's work methods and communications - a powerful and cathartic exercise. Eliminating cliché and articulating brand messages more clearly.

#### SAMPLE SOURCE MATERIAL

Leadership BS - Jeffrey Pfeffer
Business Bullshit - Andre Spicer
No Bullshit Leadership - Chris Hirst
On Bullshit - Harry Frankfurt
The Life-Changing Science of Detecting
Bullshit - John V. Petrocelli



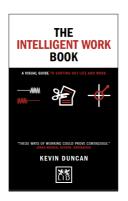


## **EFFICIENCY**

## **Intelligent Working**

The whole package to encourage an efficient and productive working style including thinking, planning, working, doing, presenting, selling, negotiating - every aspect of personal organisation.





## Provocations, techniques and wide-ranging material to help people find the shortest, fastest route to the best course of action and create a stronger team by increasing your proportion of diligent **Organisers**.

## **Smart Problem Solving**

Solving business problems intelligently using visual thinking. How to think, negotiate, sell, tell strategic stories, win pitches, and much more. Excellent for international businesses, and translated into 20 languages.



#### **EXAMPLE CONTENT**

#### **THINKING & PLANNING**

- Work you vs. Normal you
- Motivational dips
- Procrastination and panicking

#### **WORKING & DOING**

- What am I doing?
- Taming technology
- Task triage

#### **PRIORITIZING**

- Essentialism
- Priority, not priorities
- Beating interruptions

#### **PRESENTING & SELLING**

- Show your workings
- Overcoming objections
- Introverts, Extraverts, Ambiverts
- Presenting and selling online

#### **NEGOTIATING**

- Eight steps
- Never split the difference
- Approach and style

#### **SUMMARY**

This is a complete package of how to sort out the way you approach life and work. The fast content is extremely easy to apply immediately.

#### **OUTCOME**

This course makes people think completely differently about how they approach their work. Enough said.

#### SAMPLE SOURCE MATERIAL

Drive - Dan Pink
Essentialism - Greg McKeown
Radical Candor - Kim Scott
When Cultures Collide - Richard D. Lewis
Jerks At Work – Tessa West

#### **EXAMPLE CONTENT**

#### **STRATEGY**

- Strategy v. Tactics overview
- The Market Map

#### **EFFICIENCY**

- · The Priority Matrix
- · The Bar Code Day

#### **LEADERSHIP**

- The changing role of the team leader
- Depersonalizing problems

#### **MOTIVATION**

- The personal motivation triangle
- The work/life balance diagram

#### **PRESENTING**

- The Whittling Wedge
- · The Bow Tie

#### **SELLING**

- The Bravery Scale
- · The Barriers to Purchase Axis

#### **NEGOTIATING**

- The IF Triangle
- The Bargaining Arena

#### **SUMMARY**

This content is an eye opener to many. Those who have been writing long-winded presentations for years suddenly see that one diagram can often encapsulate an entire strategy or proposal. It makes people think completely differently about how they approach their work.

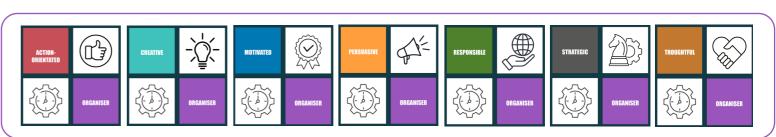
#### **OUTCOME**

This course reveals the power of the visual over the more common verbal. By mapping their thinking, attendees realise that they can save thousands of hours of time, whilst simultaneously improving the quality of their thinking.

#### SAMPLE SOURCE MATERIAL

The Long Tail - Chris Anderson
The Pirate Inside - Adam Morgan
The Ideal Team Player - Patrick Lencioni
The Art of Creative Thinking - John Adair





Provocations, techniques and wide-ranging material to help people approach interactions in the most emotionally intelligent way and create a stronger team by increasing your proportion of sympathetic **Listeners**.

## **Dealing With Stress**



EARLY CAREE BOOK

This course explains a range of techniques to help hard-pressed executives handle the stresses of the modern workplace. It breaks down the underlying reasons, examines scenarios, and offers a range of coping strategies to improve mental health and effectiveness at work.



## **Early Career Navigation**



The early part of a career can be tough. You have to work out what type of work will suit you best, navigate how the company works, do well at your job and deal with tough times. This workshop is designed to work through important decision-making processes and prepare people for when things get tough. Equipping attendees with tools to deal with working life, to find their stride and handle the hiccups.



#### **EXAMPLE CONTENT**

#### **CAUSES OF STRESS**

- Situations
- Interference
- Overwhelm
- Over stimulation

#### **BARRIERS TO PROGRESSION**

- Self-sabotage
- · The Spotlight Effect
- Handling rejection
- Imposter syndrome

#### **MOTIVATORS TO PROGRESSION**

- Be honest with yourself
- Recognise your good bits
- Enthusiasm cycles
- · Be keen, be seen, be heard

#### **SELF DEVELOPMENT**

- Have a game plan
- Goals, triggers & reframing
- Self-talk
- Reflection and perspective
- Pledges

#### **SUMMARY**

This is for any business that wants to improve the calmness and effectiveness of its workforce.

#### **OUTCOME**

The outcome is a more contented team, of any size. Likely results include higher quality work, higher staff morale, fewer personal disputes, fewer sick days, and reduced staff churn.

#### **SAMPLE SOURCE MATERIAL**

Atomic Habits - James Clear Dealing with Difficult People - Harvard Business Review The Empath's Survival Guide - Judith Orloff Hardwiring Happiness - Rick Hanson Why Has Nobody Told Me This Before? - Julie Smith

#### **EXAMPLE CONTENT**

#### **VALUES**

- · Evaluating and developing authentic values
- Creating a personal manifesto

#### **BOUNDARY SETTING**

Emotional dumping, Work dumping, Energy vampires

#### **HOW TO BE YOUR BEST**

· Be keen, Be seen, Be heard

#### WHEN THINGS GET TOUGH

· What to do when you screw up

#### FINDING YOUR STRIDE

Enthusiasm cycles

#### **CREATING A PLAN**

Goal setting, Manifestation, Self-sabotage

#### **CONTINUOUS SELF-IMPROVEMENT**

- · Positive self-talk
- Pledges

#### SUMMARY

Aimed at employees in the first decade of their career. Helping to decrease churn rate whilst encouraging them to be the best they can be.

#### OUTCOME

This course is designed to give attendees the tools to self-mentor. It can be followed by one-on-one, personalised mentoring sessions.

#### SAMPLE SOURCE MATERIAL

A Beautiful Constraint - Morgan, Barden et al Atomic Habits - James Clear Hardwiring Happiness - Rick Hanson Why Has Nobody Told Me This Before? - Dr Julie Smith





## **STRATEGY**

### The Consultative Leader

CPD CERTIFIED The CPD Certification Service

DIAGRAMS COMMUNICATION OF CONSULTANT ACCOUNT ASSESSMENT OF COMMUNICATION AS OF SPORTS

**BOOK** 

How to hold your line when running a team, command the respect of demanding clients, and prevail with a clear point of view. Introduces the important elements of being a consultant rather than just the provider of transactional services.



## Smart Strategy

This covers seven of the most common strategic areas: commercial, brand, customer, sales, people, innovation, and communication. Strategic wisdom from over 500 business books, applicable to any category or company.

Provocations, techniques and wide-ranging material to help replace short-term tactical thinking with more mature

approaches and create a stronger team by increasing your proportion of thoughtful Strategists.





#### **EXAMPLE CONTENT**

#### YOU

- · What am I like? Understand yourself
- The Gatekeeper role
- Setting a good example
- Assertive listening

#### **YOUR TEAM**

- Relationships
- Communication
- Moral purpose and style
- Why should anyone work for you?

#### YOUR CLIENTS AND CUSTOMERS

- Provide proper air cover
- Say no politely
- Self-brief

#### **ETHICAL LEADERSHIP**

- Authenticity
- Ethical strategies
- Overcoming resistors
- Are you an ethical game changer?

#### **SUMMARY**

A combination of smart thinking and an empathetic approach is the basis of an appropriate modern leadership approach. There are many types of leader, so this course is highly flexible and can be pitched at any suitable level.

#### OUTCOME

This course hugely improves leadership confidence and provides a suite of wide-ranging craft skills that can be put into action immediately.

#### SAMPLE SOURCE MATERIAL

Execution – Bossidy & Charan
The First Mile – Scott D. Anthony
Surrounded By Bad Bosses - Thomas Erikson
The Power Of Difference - Simon Fanshawe
A World Without Email – Cal Newport

#### **EXAMPLE CONTENT**

#### **COMMERCIAL STRATEGY**

- Strategy is choice
- · Think before you plan
- Pursue principles, not money

#### **BRAND STRATEGY**

- · Gap in the market vs. market in the gap
- Change the problem
- Messiness = unexpected links

#### **CUSTOMER STRATEGY**

- The thinking/doing gap
- Disloyal loyalists
- · Panic-free service recovery

#### **SALES STRATEGY**

- Selling isn't just for salespeople
- Rational drowning
- New business could be old business

#### **INNOVATION STRATEGY**

- The creativity + commerce crossroads
- See your business as a service
- Keep it frugal

#### **SUMMARY**

The options offered are infinitely fertile for new and diverse strategic thought. Any of 50 strategic approaches can be discussed and tried on any type of business. There is always another way of approaching business problems, and this training provides 50 of them.

#### OUTCOME

This course offers strategists, planners and business leaders a toolkit of perspectives on their work. Typical outcomes include new strategic angles that provide fresh impetus in any business context.

#### SAMPLE SOURCE MATERIAL

Business Genius - James Bannerman Copy Copy Copy - Mark Earls The Brand Gap - Marty Neumeier We Are All Weird - Seth Godin The Strategy Book - Max McKeown Working Backwards - Bryar & Carr





## **SUSTAINABILITY**

## Sustainability - It's Everybody's Business



Making sustainability everyone's business is a challenge - that starts from the top. This workshop is aimed at senior leadership teams and decision makers - working through the commercial and moral imperatives for supporting a sustainability agenda, including both the future risks and opportunities. It concentrates on ensuring everyone takes accountability for the company's sustainability goals and ambitions. The outcome being to establish firm commitment from all participants to take individual responsibility for 'one big initiative' in their department or business function.



### **PLANET Heroes**



Whether you have 5 or 500 in your team, changing day-to-day behaviour through education will transform the culture of your business. Our Heroes workshop takes your team through the full PLANET System® – making it real and relevant to everyone.

Many companies struggle to mobilise their staff to take personal responsibility for sustainability issues, and this workshop does the trick by ensuring that participants are motivated to come up with initiatives and see them through.

Provocations, techniques and wide-ranging material to encourage integrity and responsibility in all business

decisions and create a stronger team by increasing your proportion of measured Long-termists.



#### **EXAMPLE CONTENT**

#### THE BUSINESS LANDSCAPE

- Results of pre-session attendee survey
- Review of the science, the impact on business, industry context and commercial implications

#### **BUSINESS TRANSFORMATION**

- Talent acquisition and retention
- · Competitor context
- Customer context

#### ONE BIG INITIATIVE

- Discussion and selection of one big initiative per business function/department
- Action planning, resources, commitments and timings

# Sustainability It's Everybody's Business Senior Leadership Transformation Workshop Making every department accountable for sustainability

#### **SUMMARY**

Ensuring that senior staff understand sustainability issues properly from all angles and take responsibility to influence company behaviour.

#### **OUTCOME**

A firm commitment from all participants to take individual responsibility for 'one big initiative' in their department or business function.

#### SAMPLE SOURCE MATERIAL

Conscious Leadership – Mackey, McIntosh & Cripps Green Swans - John Elkington Sustainable Business: A One Planet Approach -Jeanrenaud & Gosling The Sustainable Business - Jonathan T Scott

#### **EXAMPLE CONTENT**

- **PANIC**: Why is this so important?
- **LEARN**: What do I really need to know?
- AGREE: What part do I want to play?
- NAVIGATE: What are my personal challenges?
- ENACT: What do I pledge to change?
- **TELL**: How am I going to spread the word and inspire others?



#### **SUMMARY**

This is for company-wide culture change, to embed Sustainability into the heart of your business.

#### **OUTCOME**

This workshop encourages and empowers participants to think and behave differently, leading to a happier, healthier, and more sustainable company culture.

#### **SAMPLE SOURCE MATERIAL**

Doughnut Economics - Kate Raworth How To Save Our Planet – Mark Maslin How Bad are Bananas? Mike Berners-Lee What If Solving The Climate Crisis Is Simple? - Tom Bowman









#### How are your Sustainability efforts going?

We talk to many businesses, and a prevailing theme when it comes to sustainability (or ESG) is the gap between good intent (and formal policies) and actual execution. This is understandable because sustainability is easier said than done. The PLANET System® products, developed as the method behind The Sustainable Business Book, are designed to help you move to tangible action and make progress, wherever you are on your sustainability journey.

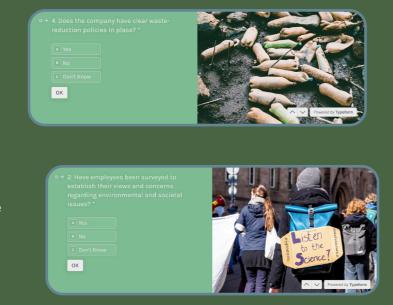
PLANET stands for: Panic, Learn, Agree, Navigate, Enact, Tell.

Our online products are designed to help you work through the system and move from panicked promises to tangible change.

#### **PLANET BASIC**

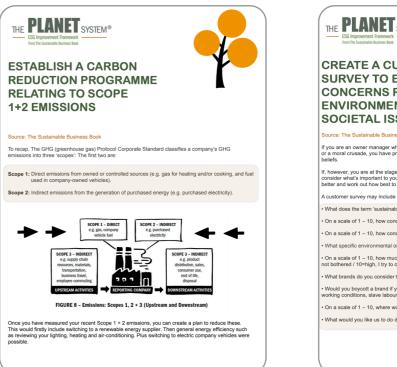
- It's FREE.
- Take the 30 question mini self-audit online.
- Receive an instant report with your scores.
- Including 30 built-in educational pdfs.

This is suitable for anyone. It could help you get started, generate some new ideas, or simply reconfirm your direction of travel and highlight the progress you are already making.



The PLANET System® is a registered UK trademark of Expert Advice Limited and held at the Intellectual Property Office in the United Kingdom. Trade Mark No: UK 00003781373.







For full details of all The PLANET System® products, visit: ThePlanetSystem.com.

#### **PLANET PRO**

All of The PLANET System® products are designed to help organisations self reflect on their current status and move to action.

PLANET Pro is the full interactive platform that leads you through The PLANET System® framework: Panic, Learn, Agree, Navigate, Enact, Tell. It contains an interactive self-audit results spreadsheet, an automated dashboard, interactive improvement and communication tools, plus over 100 downloadable learning PDFs.

Here's how it works.

#### Step One:

Complete the full PLANET self-audit of around 75 questions.



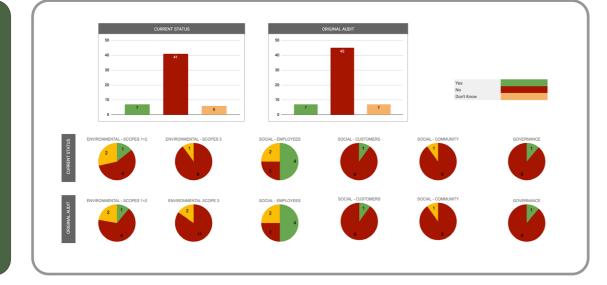
#### Step Two:

Within minutes, receive your interactive online spreadsheet.



#### Step Three

Check out your dashboard and review your current status.

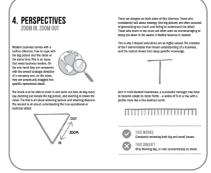


#### Step Four

Download up to 100 educational and motivational pdfs to help you tackle some of the trickier aspects of ESG.

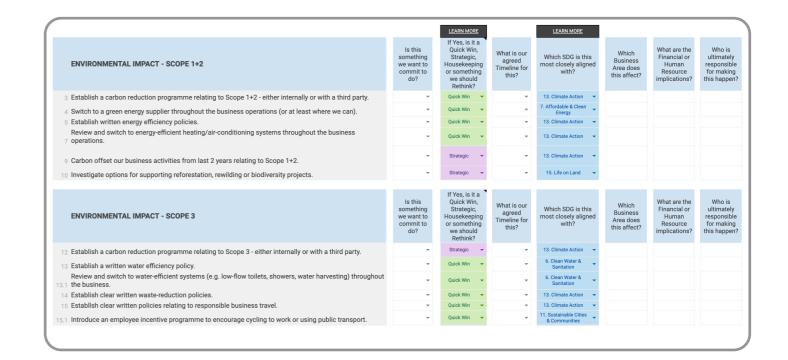






#### Step Five:

Gather your team together and work through your personalised improvement plan, agreeing what areas to prioritise, appropriate timeframes, what human or financial resources are necessary, and who's ultimately responsible for getting it done.



#### Step Six:

Once actions are completed, update your status page and review your personalised communication tab containing all the tangible actions that have been completed and use it in your internal and external impact reporting.



#### Step Seven:

We are not an accreditation body, but we do actively help and encourage you to find a credible and trusted certification or official validation programme to aim for (such as B Corp or PlanetMark). As a stepping stone to this longer-term goal, we provide you with our PLANET System® stamp, together with a template to help you communicate your intentions and progress with integrity.



# The Employer Employee Value Exchange

Following a lot of conversations with CEOs and HR Directors about training, staff skills, team morale, and the challenges of sustaining a skillful and motivated workforce when they are frequently working at home, we conducted a survey.

The main themes that emerged were about finding or developing people who understand what the employer/employee value exchange is. These people:

- Are properly engaged
- Drive their own career development through presence and profile
- Understand what is expected of them as an employee in the modern workplace
- Take ownership of their work
- Can think independently and broadly
- Demonstrate leadership qualities
- · Understand true strategy, rather than just the transactional, tactical or short-term

In response to this, we have created a new training product that helps people with engagement, ownership, presence and independence.

#### **EXAMPLE CONTENT**

#### TRUE ENGAGEMENT

- · Being yourself
- You are what you do
- Owning your career

#### **PRESENCE & PROFILE**

- Motivation
- Knowledge
- Confidence

#### **OWNERSHIP OF YOUR WORK**

- Setting clear direction for yourself
- Essentialism
- Autonomy & purpose

#### INDEPENDENT THINKING

- Assertive inquiry
- Owning your own thinking
- · Clarity & resilience

#### **SUMMARY**

This is for companies whose workforce has become somewhat disaffected and for those who are failing to commit or engage with collective culture.

#### **OUTCOME**

Once completed, there will be a greater sense of unity and purpose in the team or the whole company. There will be no misunderstanding between what the employer expects of staff and what staff understand is expected of them. This clarity leads to a more purposeful group who know what they are doing and why, leading to faster outcomes on projects and happier people all round.

# **Consultancy** and **Mentoring**

#### **CONSULTANCY**

#### To help businesses develop in the right way.

With over 100 years of experience between us, we are generalists. So whilst we try to package up wisdom in all the products in this brochure, there are always specific issues that companies and individuals are experiencing that we can help with.

We have hundreds of techniques and approaches to support and stimulate companies, brands and individuals. Everything from global corporations to start-ups and SMEs. From Global CEOs to interns. Whatever stage you or your company is at, we probably have something to help.

#### **Example projects include:**

- · Designing an effective leadership team.
- Advisory board, NED and company growth.
- Strategic advice on brands and projects.
- Working through an accreditation application.
- · Interim sustainability leadership.

#### **FACILITATION**

#### To provide guidance to groups.

Deep experience + firm direction = progress.

- Strong facilitation encourages balance and diversity.
- Control outspoken senior executives and encourage deeper contribution from more softly spoken participants.
- Ensures collective, decisive and tangible outcomes.

## SENIOR LEADERSHIP MENTORING

#### To pass on experience.

Strategy, clarity, personal direction, company direction.

- How to gain respect.
- How to manage upwards, downwards and sideways.
- How to get promoted.

## PERSONAL MENTORING

## To provide career guidance and personal direction.

Practical career advice to help personal development.

- How to navigate your early career.
- How to set appropriate boundaries and deal with difficult bosses.
- · How to get promoted.
- Mentoring is free to anyone who has been made redundant.

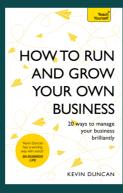
# **Early Careers, Students** and Business Start-Ups

We have written a lot of books over 20 years with a range of publishers. Kevin's books on start-ups have sold over 50,000 copies and helped countless businesses. Other topics include condensed learning from the best business writing, effective working practices, how to question business approaches intelligently, and how to tame your technology. If you have particular circumstances that are not covered by the Concise Advice series, you may find something specific here.

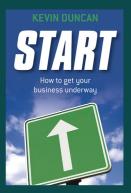




















#### **ONLINE ACADEMY**

As part of our commitment to create, educate and donate, the core of our work can be found as courses online at expertadvice.freshlearn.com.

These cover the basics that most businesspeople need and are offered for free.

Smart Business Strategy
Smart Business Thinking
Smart Idea Generation (Innovation)
Ethical Business Leadership
Intelligent Ways of Working
Market Your Brand For Free(ish)
Smart Bullshit-Free Communication

# **International Experience**

#### INTERNATIONAL CULTURAL UNDERSTANDING

- The team has lived or conducted business in over 20 different countries and have travelled to around 100 countries.
- Our books are available in over 40 overseas editions and published in China, France, Germany, Greece, Hungary, India, Indonesia, Italy, Japan, Korea, Netherlands, Poland, Portugal, Romania, Spain, Sweden, Thailand and Turkey.
- We have researched and read over 25 books on cultural understanding, and so offer a balanced view and mature perspectives on how to do business around the world.











## **Clients**

We are proud to work with or for companies such as these.

















































World Federation of Advertisers















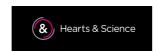














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Seth Godin

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