

# CARE Programme Overview



Connected, Authentic  
Resilient & Empowered

## 1. Building my understanding of the context in which I work

- Understand the context in which I am working
- Understanding PHM and its application to my work

## 2. Building my understanding of self

- Understand self
- Understand that we can control our state

## 3. Building my purpose as a distributed leader

- Understand my role as a catalyst for change
- Identify own improvement project

## 4. Building my inner team

- Understand our inner critic
- Develop our strategies and inner strength

## 5. Building my project or support team

- Understand PHM approach to workforce redesign
- Understand the characteristics of a great team

## 6. Building for effective engagement

- Demonstrate understanding of NLP communication model
- Understand and practice tools to support effective communication and engagement

## 7. Building our leadership and influencing capability

- Demonstrate understanding of influencing strategy
- Understand and practice storytelling

## 8. Building for impact

- Understand our why, how and what.
- Demonstrate ability to build a coalition of the willing through personal impact



Connected



Authentic



Resilient



Empowered