



## IMD MBA Partner Integration Program 2012



# IMD MBA Partner Integration Program Objectives

## **Program Objective: Guide Partners to make the most of their IMD experience**

Each year IMD welcomes a large number of Partners from around the world to be a part of the MBA community. IMD supports a Partner Program, to help Partners manage their time in Lausanne and respond in the best way possible to the inevitable stresses associated with a short term move and the MBA program itself.

## **Partner Integration Program Coordinator**

Marcella Rispo is the IMD Partner Integration Program Coordinator. She acts as a liaison between Partners, IMD and the local community. She organizes activities for everyone in the first part of the year, coordinates the paying options, and generally provides guidance about how to make the most of this exciting opportunity.

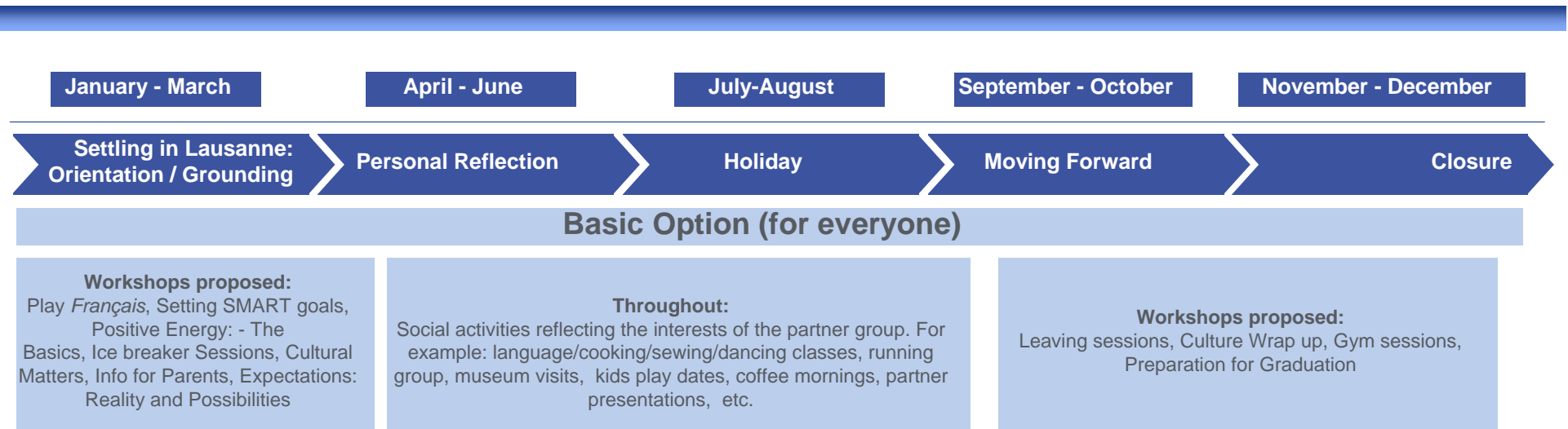
## **Two Parts of the Program: Basic option and paying options tailored to your goals and objectives**

- **Basic Option (for everyone):** In the first few months, IMD organizes a series of workshops, information sessions and networking activities with the objective to address practical issues of settling in Lausanne, thinking about your year as an opportunity for growth and personal reflection, and meeting each other. These are free of charge and open to all Partners.
- **Paying Options:** IMD offers a selection of paying options reflecting the objectives, priorities and interests of Partners who would like to explore specific personal growth areas in more depth.

We encourage all Partners to be present during the first week at least, when you can choose your options, meet the others and get a feel of what is to come.



# Partner Integration Program Overview



## Additional Options for Personal Growth, Additional Payment Required

We have arranged four attractive packages to suit Partners' different needs during the MBA year – create your own portfolio according to your goals and budget. Details on the following pages.

- Basic Career Package (CHF 500)
- Personal Development Elective (CHF 1,000 )
- Positive Energy for Life online program for a year (CHF 1'000 or CHF 1'500 )
- Learn/Improve French (CHF 1,000 ; CHF 1,500; CHF 2,000 )



# Basic Option (for everyone): Examples

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- **Play *Français*** – an innovative way of learning French. Through fun workshops you will feel the pleasure of expressing yourself in French, you will develop more confidence and an easy opening to learning and integrating into the new culture. Get tips and hints to help you evolve into the French Swiss living, learn regional habits and customs.
- **Setting SMART goals** – even before your move it's important to set SMART goals in order to make the most of this new experience. SMART goals will help you identify areas where you can concentrate your energies so as to make this year as productive and as successful as possible.
- **Cultural Matters** – Make the most of this intercultural experience and learn how you can use your existing competencies to develop new ones such as intercultural communication skills, to put to use at IMD or in your next move.
- **Information Sessions for Parents** – all you need to know if you are a parent in Lausanne.
- **Partner Lunches** – Approximately once a month Partners and their families are invited to have lunch with their MBA at the IMD restaurant.

# Paying Options: Basic Career Package

## Basic Career Package (CHF 500)

If you would like some guidance on developing your career or making sure that you are still focusing on what is really important to you, the Basic Career Package offers you access to Career Storm Navigator, an online career assessment tool and 4 hours of Personal Coaching with IMD MBA Career Coaches. (Any additional hours will be charged at a rate of CHF 100 per hour.)

### Access to Career Storm

Career Storm Navigator provides an intelligent career development process that honours the individuals' meaning and life experiences. It confronts individuals with tough questions about how they want to direct the course of their career and life. It encourages leaders and teams to self-awareness and enriches the contributions they make to their organisations.

### One-to-one Career Coaching

Once you have completed the above questionnaire you can discuss the results with your Personal Career Coach. Your coach can guide you about your CV, your next career steps, and how you might make an effective career transition together with your partner.



# Paying Options: Personal Development Elective

## Personal Development Elective (CHF 1,000 )

Leadership and personal development are an important element in the IMD MBA program.

IMD offers Partners the opportunity to share in this experience through the *Personal Development Elective* – 20 confidential 1 hour sessions with a trained psychoanalyst.

Partners may choose this option to develop self awareness, explore individual strengths and weaknesses, or as an opportunity to learn new ways to communicate with their MBA.

'What do you say we blame your parents and knock off early?'



# Paying Options: Positive Energy Coaching Online Program

## Positive Energy for Life: Stepping Stones to a Fulfilling Life

A personal leadership journey to take stock of where you are at in your life and what your next step will be. Based on the latest research in Positive Psychology, this program provides you with the tools to access new levels of inspiration, purpose and fulfilment. Helping you remember who you really are and find your unique expression in your world.

### 3 Parts of 4 Modules each:

#### **Part 1: ENERGY (March)**

Managing your energy  
Taking care of your needs  
Going beyond the inner critic  
Finding balance

#### **Part 2: PURPOSE (May and June)**

Remembering your life purpose  
Aligning to your values  
Harnessing your strengths  
Being your authentic self

#### **Part 3: PARTNERSHIP (September and October)**

Creating your vision  
Building your network  
Articulating your message  
Finding the Flow

### Online delivery to include:

Webinars  
Audio recordings  
Self-learning workbooks  
Online self-coaching  
Interviews  
Online group coaching sessions

### Pricing:

CHF 1'000

CHF 1'500 (incl. 3 live workshops)

For more information <http://www.positiveenergy.ch/>



# Paying Options: Learning French

Example of costs for language classes\*

2 weeks intensive 25  
or 10 one- to-one lessons. CHF 1,000 / pers.

3 weeks intensive 25  
or 15 one-to-one lessons CHF 1,500 / pers.

4 weeks intensive 25  
or 5 weeks basic 20  
or 20 one-to-one lessons CHF 2,000 / pers.

## **Basic 20:**

20 lessons /week: 8h30-12h10 (Monday to Friday) - General language course

## **Intensive 25:**

20 lessons/week

2x /week: 14h00-16h20 (Monday and Wednesday) - Language activation, games and tasks activities in the afternoon

## **One to one lessons:**

Individualised progression for specific needs

During the afternoon, customised scheduling

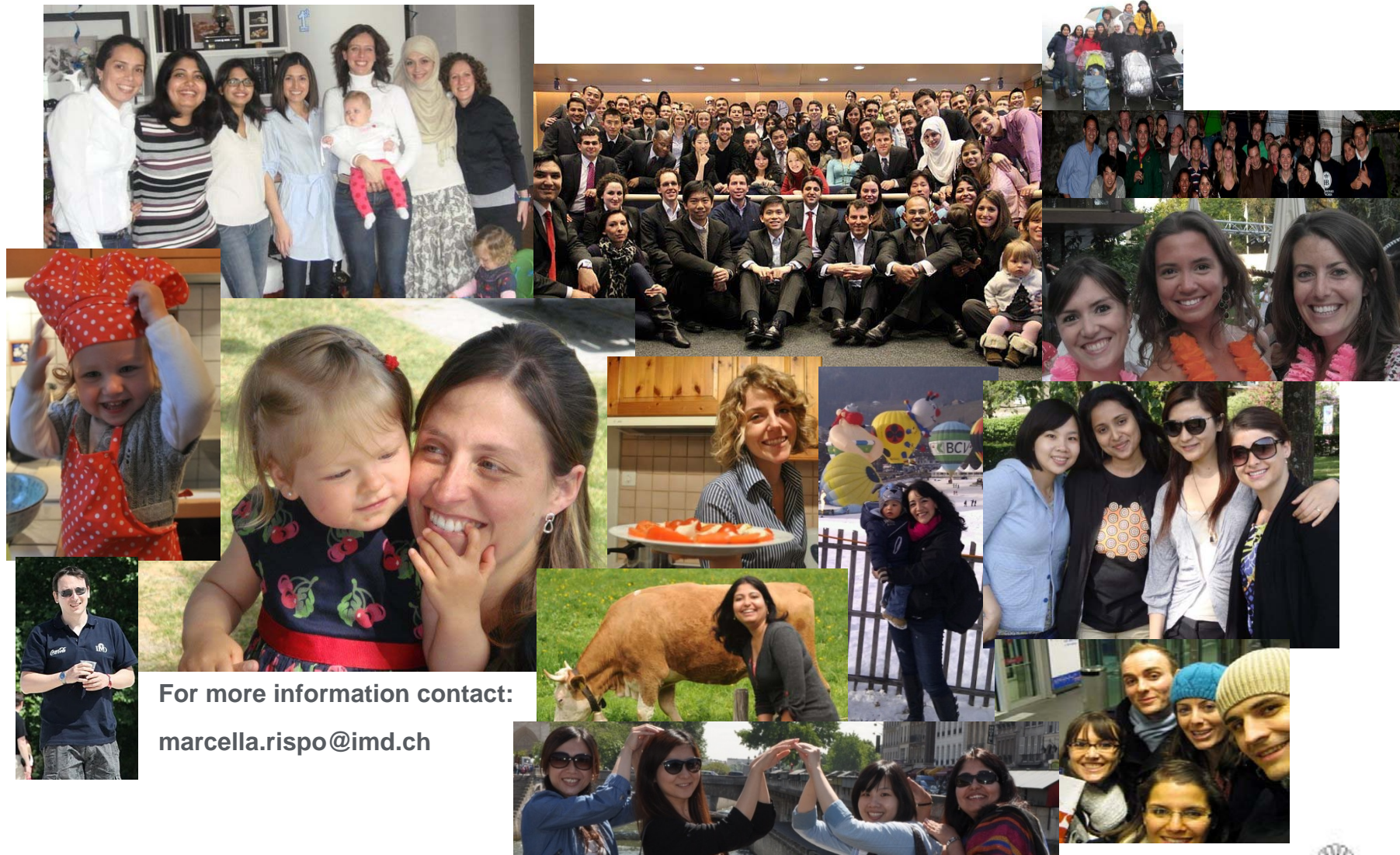
**\*For details on this offer contact:** Valérie Le Hellard at Eurocentres Lausanne

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# Partners @ IMD



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