# **Definitions**

## **EO Academy**

Extreme Ownership (EO) Academy takes the leadership principles taught by Echelon Front and packages them into a model that provides 24-7 access to leadership training and direct access to EF leadership instructors. The training includes video briefs, lessons, interactive decision- making scenarios, quizzes, self-reflection exercises, frequently asked questions, downloadable tools, and new training modules that are released on a consistent basis. When applied, these lessons will make your people better leaders and change the culture of your organization. The lessons are pragmatic, applicable, and geared toward every level of leadership from the C-suite to the front lines.

#### **Immediate Action Drill**

Immediate Action Drills are a way to implement what you learned. This involves answering questions designed to make you think about how you can apply what you just learned to your daily life, making a plan for implementing this new principle within your world, and then actually executing on that plan.

## **Leadership Capital**

Leadership Capital is the influence currency you possess for each individual you interact with. This is based on the relationship you've built with that person. You will often see this referred to as your leadership capital bank account. As your relationship with a person improves, your account will start to fill up, but as your relationship degrades your account will be drained. Every action you take either adds to or withdrawals from your leadership capital bank account. You should always be striving to add to that account.

### **Debrief**

A conversation where you and the team review what worked and what didn't work and why so that you can all continue improving and acting on lessons learned.

