



MONTH 0:

- Introductory Team Meeting
- Introductory Email
- Read the DOL Book Introduction | ~ 10 Minutes

- Fill out the DOL Companion Workbook Introduction Section | ~ 30 Minutes
- Answer the questions in the Introduction Discussion Guide | ~ 20 Minutes
- Complete the Leadership Assessment | ~ 15 Minutes



MONTH 1:

WEEK 1 // LEARN

- Read the DOL Book Chapter 1: The Ultimate Dichotomy | ~ 30 Minutes
- Complete the EO Academy module Dichotomy of Leadership 101: The Ultimate Dichotomy | ~ 60 Minutes

WEEK 2 // REFLECT

- Fill out the DOL Companion Workbook Chapter 1 Section | ~ 30 Minutes

WEEK 3 // ENGAGE

- Chapter 1: The Ultimate Dichotomy Team Meeting | 60 Minutes

WEEK 4 // APPLY

- Chapter 1: The Ultimate Dichotomy Immediate Action Drill Implementation

MONTH 3:

WEEK 1 // LEARN

- Read the DOL Book Chapter 3: Resolute, but Not Overbearing | ~ 30 Minutes
- Complete the EO Academy module Dichotomy of Leadership 103: Resolute, but Not Overbearing | ~ 60 Minutes

WEEK 2 // REFLECT

- Fill out the DOL Companion Workbook Chapter 3 Section | ~ 30 Minutes

WEEK 3 // ENGAGE

- Chapter 3: Resolute, but Not Overbearing Team Meeting | 60 Minutes

WEEK 4 // APPLY

- Chapter 3: Resolute, but Not Overbearing Immediate Action Drill Implementation

MONTH 2:

WEEK 1 // LEARN

- Read the DOL Book Chapter 2: Own It All, but Empower Others | ~ 30 Minutes
- Complete the EO Academy module Dichotomy of Leadership 102: Own It All, but Empower Others | ~ 60 Minutes

WEEK 2 // REFLECT

- Fill out the DOL Companion Workbook Chapter 2 Section | ~ 30 Minutes

WEEK 3 // ENGAGE

- Chapter 2: Own It All, but Empower Others Team Meeting | 60 Minutes

WEEK 4 // APPLY

- Chapter 2: Own It All, but Empower Others Immediate Action Drill Implementation

MONTH 4:

WEEK 1 // LEARN

- Read the EO Book Chapter 4: When to Mentor, When to Fire | ~ 30 Minutes
- Complete the EO Academy module Dichotomy of Leadership 104: When to Mentor, When to Fire | ~ 60 Minutes

WEEK 2 // REFLECT

- Fill out the DOL Companion Workbook Chapter 4 Section | ~ 30 Minutes

WEEK 3 // ENGAGE

- Chapter 4: When to Mentor, When to Fire Team Meeting | 60 Minutes

WEEK 4 // APPLY

- Chapter 4: When to Mentor, When to Fire Immediate Action Drill Implementation



MONTH 5:

WEEK 1 // LEARN

- Read the DOL Book Chapter 5: Train Hard, but Train Smart | ~ 30 Minutes
- Complete the EO Academy module Dichotomy of Leadership 105: Train Hard, but Train Smart | ~ 60 Minutes

WEEK 2 // REFLECT

- Fill out the DOL Companion Workbook Chapter 5 Section | ~ 30 Minutes

WEEK 3 // ENGAGE

- Chapter 5: Train Hard, but Train Smart Team Meeting | 60 Minutes

WEEK 4 // APPLY

- Chapter 5: Train Hard, but Train Smart Immediate Action Drill Implementation

MONTH 7:

WEEK 1 // LEARN

- Read the DOL Book Chapter 7: Disciplined, Not Rigid | ~ 30 Minutes
- Complete the EO Academy module Dichotomy of Leadership 107: Disciplined, Not Rigid | ~ 60 Minutes

WEEK 2 // REFLECT

- Fill out the DOL Companion Workbook Chapter 7 Section | ~ 30 Minutes

WEEK 3 // ENGAGE

- Chapter 7: Disciplined, Not Rigid Team Meeting | 60 Minutes

WEEK 4 // APPLY

- Chapter 7: Disciplined, Not Rigid Immediate Action Drill Implementation

MONTH 6:

WEEK 1 // LEARN

- Read the DOL Book Chapter 6: Aggressive, Not Reckless | ~ 30 Minutes
- Complete the EO Academy module Dichotomy of Leadership 106: Train Hard, but Train Smart | ~ 60 Minutes

WEEK 2 // REFLECT

- Fill out the DOL Companion Workbook Chapter 6 Section | ~ 30 Minutes

WEEK 3 // ENGAGE

- Chapter 6: Aggressive, Not Reckless Team Meeting | 60 Minutes

WEEK 4 // APPLY

- Chapter 6: Aggressive, Not Reckless Immediate Action Drill Implementation

MONTH 8:

WEEK 1 // LEARN

- Read the DOL Book Chapter 8: Hold People Accountable, but Don't Hold Their Hands | ~ 30 Minutes
- Complete the EO Academy module Dichotomy of Leadership 108: Hold People Accountable, but Don't Hold Their Hands | ~ 60 Minutes

WEEK 2 // REFLECT

- Fill out the DOL Companion Workbook Chapter 8 Section | ~ 30 Minutes

WEEK 3 // ENGAGE

- Chapter 8: Hold People Accountable, but Don't Hold Their Hands Team Meeting | 60 Minutes

WEEK 4 // APPLY

- Chapter 8: Hold People Accountable, but Don't Hold Their Hands Immediate Action Drill Implementation



MONTH 9:

WEEK 1 // LEARN

- Read the DOL Book Chapter 9: A Leader and A Follower | ~ 30 Minutes
- Complete the EO Academy module Dichotomy of Leadership 109: A Leader and A Follower | ~ 60 Minutes

WEEK 2 // REFLECT

- Fill out the DOL Companion Workbook Chapter 9 Section | ~ 30 Minutes

WEEK 3 // ENGAGE

- Chapter 9: A Leader and A Follower Team Meeting | 60 Minutes

WEEK 4 // APPLY

- Chapter 9: A Leader and A Follower Immediate Action Drill Implementation

MONTH 11:

WEEK 1 // LEARN

- Read the DOL Book Chapter 11: Humble, Not Passive | ~ 30 Minutes
- Complete the EO Academy module Dichotomy of Leadership 111: Humble, Not Passive | ~ 60 Minutes

WEEK 2 // REFLECT

- Fill out the DOL Companion Workbook Chapter 11 Section | ~ 30 Minutes

WEEK 3 // ENGAGE

- Chapter 11: Humble, Not Passive Team Meeting | 60 Minutes

WEEK 4 // APPLY

- Chapter 11: Humble, Not Passive Immediate Action Drill Implementation

MONTH 10:

WEEK 1 // LEARN

- Read the DOL Book Chapter 10: Plan, but Don't Overplan | ~ 30 Minutes
- Complete the EO Academy module Dichotomy of Leadership 110: Plan, but Don't Overplan | ~ 60 Minutes

WEEK 2 // REFLECT

- Fill out the DOL Companion Workbook Chapter 10 Section | ~ 30 Minutes

WEEK 3 // ENGAGE

- Chapter 10: Plan, but Don't Overplan Team Meeting | 60 Minutes

WEEK 4 // APPLY

- Chapter 10: Plan, but Don't Overplan Immediate Action Drill Implementation

MONTH 12:

WEEK 1 // LEARN

- Read the DOL Book Chapter 12: Focused, but Detached | ~ 30 Minutes
- Complete the EO Academy module Dichotomy of Leadership 112: Focused, but Detached | ~ 60 Minutes

WEEK 2 // REFLECT

- Fill out the DOL Companion Workbook Chapter 12 Section | ~ 30 Minutes

WEEK 3 // ENGAGE

- Chapter 12: Focused, but Detached Team Meeting | 60 Minutes

WEEK 4 // APPLY

- Chapter 12: Focused, but Detached Immediate Action Drill Implementation

