In the words of fellow participants...

1. **GET TIME BACK (SOMETHING WE COULD ALL USE)**
   - **Would you like to have more capacity?**
   - “Learning on the STAR® programme has helped me save time to focus on what’s important in my role.”
   - “I find I’m spending less time fire-fighting now and more time planning for what’s coming - The programme has allowed me to regain control.”

2. **STOP DOING THE ‘DOING’**
   - **Change how you spend your time, so that you do less of the doing.**
   - “I have seen a reduction in the time I spend ‘doing’ allowing me to spend more time leading and coaching.”
   - “When my colleague came up with their own solution to a challenge they were facing, with my help, I felt really quite proud of myself.”

3. **GET YOUR TEAM TO DO MORE OF THE HEAVY LIFTING**
   - **You’ll learn skills to help your team to step up more, and start taking work off you.**
   - “I can see my team taking more ownership for problems and thinking through resolutions rather than waiting for me to give them the answer.”
   - “It will help not just you but the people around you to become better empowered.”

4. **GET MORE DONE IN LESS TIME**
   - **You’ll become more productive; the average increase in personal productivity is 60%!**
   - “My productivity has improved significantly, my team are more proactive and solving their own problems, which is giving me time to work on things that matter to me.”

5. **IMPROVE RELATIONSHIPS (NOT JUST AT WORK)**
   - **Would you like to enjoy 1-to-1s, be relaxed handling challenging conversations and improve relationships at work and at home?**
   - “I’ve noticed positive working relationships with people I previously had difficulties with. It’s made me a better human being!”
   - “I find 1-to-1s much more useful and look forward to them now - it used to be the worst part of my job.”

6. **GET NOTICED AS A GREAT LEADER**
   - **Your colleagues and team will start to notice the difference and be happier and more engaged.**
   - “I have learned a lot about myself and how to interact with my colleagues - the course has helped me to change my overall attitude.”
   - “My team is now really engaged and positive - taking ownership of the changes we need to make within the organisation.”

7. **DISCOVER THE SECRET THAT WILL TRANSFORM YOUR CAREER**
   - **Once you learn this you’ll change forever how you approach your role and you’ll never look back.**
   - “It really makes you sit back and question and challenge the way you operate as a manager and as a colleague at work. It makes you sit back and say WOW!”

8. **BE LESS STRESSED**
   - **As you start to change the way you spend your time and increase your team’s performance, your stress levels will also reduce.**
   - “The programme has been really beneficial to not just my style of management but also my stress and anxiety levels.”
   - “Until STAR®, I ‘let’ everything fall to me adding to my stress - now I’ve turned that around I feel considerably lighter.”

9. **GAIN AN EDGE**
   - **Gain skills that will make you a better leader and manager and could also get you promoted.**
   - “KPI results improved significantly, and I was promoted this year as a result!”
   - “Every manager should join this programme! You’ll learn skills for life and there’s something new for everyone.”

© notion limited

STARmanager.global/royal-holloway-star-manager