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168 HOURS



Required Pre-Work



Articles:

- 5 Days to Better Time Management Habits



Videos:

- Priorities: Setting Priorities
- The Real Cost of Luxury
- Berries & Rabbits



Movie Clips

- Film Trailer: In Time (2011)



Key Terms – Please review these key terms in preparation for our session.



Exercise:

- Using the chart below, identify the top 3-5 categories for how you actually spend your time at work. Now, add categories for things on which you should be spending time, but aren't. Next, fill in the percentage of time you actually spend in each category. Finally, fill in the % you think would bring the best results (the total for each should equal 100%).

Category	% of time Spent each week	Ideal target mix (%)
1.		
2.		
3.		
4.		
5.		
6.		
7.		
Total	100%	100%

168 HOURS

01

Enrichment Materials - Optional



Film
In Time(2011)



Videos
• Change your Words

Enrichment Exercise

Exercise:

- Think about making the change to 'DO what you LOVE what you DO.'
- Write at least three things that you love about your work and one thing you don't like very much. Then, jot down one or more ideas of what you can do this week to 'DO what you LOVE what you DO' using Self-Leadership tactics such as Self-monitoring, Self-talk, and Natural Rewards.

THE INTRAPRENEURIAL MINDSET



Required Pre-Work



Articles

- The Problem Statement Canvas for Start Ups and Innovation Teams
- Stage 3 in the Design Thinking Process: Ideate



Videos

- How To Destroy Your Company From the Inside Out
- Why You Should Become an Intrapreneur
- Don't Quit Your Job to Change the World - Be an Intrapreneur
- Apollo 13 (1995) Clip



Podcast

- How Do I Become an Intrapreneur



Key Terms – Please review these key terms in preparation for our session.



Exercise:

The characteristics of an Intrapreneur include Proactivity, Risk-Taking, Flexibility, Drive, & Opportunity Promotion. Which of these come naturally to you and where do you want to grow? Based on the assigned pre-work, how might adopting the 'mindset' of an Intrapreneur impact your innovation? Share your thoughts on the Flipgrid.

What is an Intrapreneur?



<http://www.amelix.co.uk/why-intrapreneurship-is-important/>

Proactivity ~ Risk-Taking ~ Flexibility ~ Drive ~ Opportunity Promoter

Vargas-Halabi, T.; Mora-Esquivel, R. & Siles, B. (2017). Intrapreneurial Competencies: Development and validation of a measurement scale. *European Journal of Management & Business Economics*. 26(1), pp 86-111

THE INTRAPRENEURIAL MINDSET



Enrichment Materials – Optional



Video

- Intrapreneurship in Established Organizations



Film

- Apollo 13 (1995)



The Lean Startup
by Eric Ries



Enrichment Exercise:

- We talked a lot this week about Idea Productivity and Refinement. What have you learned? What have you discovered about yourself? What plans have you made to increase your own Ideation?

Problem ID
(Problem Board)



Ideation
(Storyboard)



Model (BMC/
VPC)



Prototype/
Experiment



Build, Measure,
& Learn

Customer Development

Internal Alignment (aka: Corporate Poly-Sci)