

The Self-Aware Leader

The greatest leaders are also the most self-aware leaders. A lack of self-awareness in leadership can have catastrophic consequences for organisations and teams, yet self-awareness as a quality is still often over-looked. Many leaders perhaps believe themselves to already be self-aware, yet ironically, that is their very downfall. Increasing your own self-awareness as a leader is probably the most impactful thing you can do, not only for yourself but for those you lead.

For leaders at all levels, from aspiring to experienced and from team leader to CEO. This programme is inter-active, engaging and thought-provoking. Consisting of 6 half-day sessions (or 3 -full day sessions) and designed specifically to provide the self- awareness needed to lead effectively.

Duration – 18hrs (6 x half-day sessions or 3 x full-day sessions)

Delivery – Over Zoom (or in-person if logistics allow)

Content

Session 1 - My Leadership Style

Session 2 - Transactional Analysis & Me

Session 3 - My Ego & I

Session 4 - Why people (don't) follow me

Session 5 - Discovering My Purpose

Session 6 - My Values

The Sessions

Session 1 - My Leadership Style

Some leadership styles work in some circumstances and some don't. Understanding your own leadership style and how to develop greater range in your leadership is vital to your success.

By the end of this session you will...

- *Understand what your leadership style is.*
- *Learn the impact of various leadership styles.*
- *Know how to apply Situational Leadership.*

Session 2 - Transactional Analysis & Me

Understanding the basics of Transactional Analysis will give you greater awareness into how yourself and other people are wired up.

By the end of this session you will...

- *Understand your own drivers and working styles*
- *Recognise the PAC model in action*
- *Know how to spot and avoid the Drama Triangle*

Session 3 - My Ego & I

We all have an ego whether we recognise it or not it gets in the way of quality leadership. Getting to know your ego and dealing with it empowers you to create better choices in your leadership and life.

By the end of this session you will...

- *Be able to identify your ego's voice.*
- *Recognise the difference between ego and true self*
- *Know how to deal with your ego's promptings.*

Session 4 - Why people (don't) follow me

Understanding why people do and don't follow you is essential for any great leader. Being able to tap into the variety of motivators increases your chances of successful leadership.

By the end of this session you will...

- *Understand various motivators and demotivators for following you.*
- *Learn how to increase your leadership influence.*
- *Recognise why people follow you.*

Session 5 - Discovering My Purpose

Truly understanding how you are wired up and what makes you tick is vital to your success. Knowing your purpose enables you to align your work, decision-making and futures goals.

By the end of this session you will...

- *Understand your personal 'hedgehog concept'*
- *Learn how to recognise your strengths, passions, and environments*
- *Discover your personal purpose*

Session 6 - My Values

Values are incredibly motivating but often unseen. Recognising your own values and those of your team enables you to flex your leadership to align with those values.

By the end of this session you will...

- *Understand the importance of values.*
- *Be able to recognise a number of your own values.*
- *Know how to see values in those you lead.*

