

Resonating Leadership

Overview:

Changing the way we think, feel and expand to realise our own potential not only raises our own levels of energy, effectiveness and performance, but impacts on all those around us to generate the same. Resonating leadership builds capability to develop resilience and adaptability by understanding and harnessing the driving force within us to achieve strategic cultural and behavioural transformation, for ourselves and others.

This programme has been specifically designed for women in leadership roles who want to achieve strategic change in the environment around them generated by inner shifts in awareness, motivation and energy.

Objectives:

- To open up new enlightening and energising perspectives
- To create an environment to observe, share, challenge and grow
- To ground new perspectives in everyday tools and techniques
- To liberate from conflicting internal barriers
- To integrate the power of the mind and the heart
- To develop resonating leaders

Content:

The programme is designed to change participant's relationships with themselves and with others. The programme shares structure, tools and techniques which raise awareness of our experience of life through our mind, body and our emotions.

CONNECTION – the programme will explore the benefits to be gained in staying connected, emotional intelligence and opening your hearts and mind to others. Participants will expand their connection with the world, drawing on untapped resources and gaining energy.

PERSPECTIVE – participants will expand their perspectives, opening up and waking up to manage their own life view and encourage the same perspectives in others

POWER – the programme introduces ways in which leaders can harness, direct and grow their energy and the impact it has on other people. Participants access expansive resources and grow in self efficacy

Dates:

A 3.5 day programme spread over 6 weeks; a mixture of full and half days on 13, 27 May, 10, 24 June and 7 July