



# Conscious Leadership: The New Leadership Imperative

## ► Upcoming Sessions

21-25 Oct 2024	Dubai - UAE	\$5,950
09-13 Dec 2024	London - UK	\$5,950
03-07 Feb 2025	London - UK	\$5,950
07-11 Jul 2025	London - UK	\$5,950
20-24 Oct 2025	Dubai - UAE	\$5,950
08-12 Dec 2025	London - UK	\$5,950

## ► Training Details

### Training Course Overview

The Conscious Leadership: The New Leadership Imperative training program is meticulously crafted to empower leaders with the vital skills and mindset needed to excel in the swiftly changing business realm. This transformative course delves into the principles of conscious leadership, offering practical strategies to elevate leadership efficacy. Through a blend of interactive sessions, discussions, and hands-on activities, participants will glean invaluable insights into self-awareness, emotional intelligence, authentic communication, and the cultivation of inclusive environments.

### Training Course Objectives

**By the end of this training program, participants will be able to:**

- ▶ Define conscious leadership and articulate its importance in today's business environment
- ▶ Develop greater self-awareness and emotional intelligence to enhance leadership effectiveness
- ▶ Build authentic relationships and empower others to achieve shared goals
- ▶ Communicate with clarity, empathy, and compassion to foster trust and collaboration
- ▶ Cultivate resilience and adaptability to navigate challenges and lead through change
- ▶ Align personal and organizational purpose to inspire and motivate teams
- ▶ Foster inclusivity and diversity to create a culture of belonging and innovation
- ▶ Make ethical decisions and lead with integrity in complex situations
- ▶ Lead change effectively and manage resistance to drive organizational success
- ▶ Develop an action plan for applying conscious leadership principles in daily leadership practices

### Designed for

This training program is ideal for leaders at all levels within organizations who are committed to enhancing their leadership skills and driving positive change. Whether you are a seasoned

executive, a mid-level manager, or an emerging leader, this course will provide you with the tools and techniques needed to lead with greater purpose, clarity, and compassion. Additionally, HR professionals, consultants, and anyone interested in understanding and implementing conscious leadership principles will find this program highly beneficial.

## ► Training Details

### **Day One: Introduction to Conscious Leadership**

- ▶ What is Conscious Leadership?
- ▶ Why is it important in today's business environment?
- ▶ Understanding Self-Awareness in Leadership
- ▶ Exploring the concept of self-awareness
- ▶ Techniques for developing self-awareness as a leader
- ▶ The Role of Emotional Intelligence
- ▶ Defining emotional intelligence (EI)
- ▶ Enhancing EI skills for effective leadership

### **Day Two: Building Authentic Relationships**

- ▶ Importance of authentic relationships in leadership
- ▶ Strategies for building and maintaining authentic connections
- ▶ Empowering Others
- ▶ The significance of empowering team members
- ▶ Techniques for delegating effectively and fostering autonomy
- ▶ Communicating with Clarity and Compassion
- ▶ Importance of clear and compassionate communication
- ▶ Practicing active listening and empathetic communication

### **Day Three: Cultivating Resilience and Adaptability**

- ▶ Understanding resilience and adaptability in leadership
- ▶ Strategies for cultivating resilience in oneself and others
- ▶ Leading with Purpose and Vision
- ▶ Defining organizational purpose and vision
- ▶ Aligning personal and organizational purpose for effective leadership

### **Day Four: Fostering Inclusivity and Diversity**

- ▶ Understanding the importance of inclusivity and diversity in leadership
- ▶ Strategies for fostering an inclusive and diverse work environment
- ▶ Ethical Decision Making
- ▶ Exploring ethical dilemmas in leadership
- ▶ Frameworks for making ethical decisions in challenging situations

### **Day Five: Leading Change**

- ▶ Understanding the dynamics of change in organizations
- ▶ Strategies for leading change effectively and managing resistance
- ▶ Integration and Action Planning
- ▶ Reflecting on key learnings from the training
- ▶ Developing an action plan for applying conscious leadership principles in daily leadership practices

## ► The Certificate

Anderson Certificate of Completion will be provided to delegates who attend and complete the course

▶ INFO & IN-HOUSE SOLUTION

For more information about this course, call or email us at:

Call us: [+971 4 365 8363](tel:+97143658363)

Email: [info@anderson.ae](mailto:info@anderson.ae)

Request for a Tailor-made training and educational experience for your organization now:

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