



## **Self-Awareness and Self-Direction for Effective Leaders**

PIK163-1225 LON-1



**Place:** London (UK)

**Venue:**

**Start Date:** 15-12-2025

**End Date:** 22-12-2025

**PPP:** £4550



## **Self-Awareness and Self-Direction for Effective Leaders**

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**If you can't train them,  
you can't blame them!**

### **Short Description:**

The best leaders thoroughly understand themselves. Time and time again, research has shown that self-awareness and self-direction are two essential factors in leadership effectiveness. As leaders gain a better sense of themselves and a clearer plan to self-actualization, they also:

- Understand leadership in a brand-new way.
- Discover the "inner" leader as a source of growth.
- Tap into your amazing hidden personal power.
- Take team development to new levels of achievement.
- Learn to lead through excellent communication skills.

### **Course Overview:**

#### *Objectives*

#### **In this program you will learn to:**

- View leadership from a new and higher-level perspective.
- Discover and analyse your leadership style and tendencies.
- Grow in personal power and effectiveness.
- Discover and build upon your intrinsic leadership qualities.
- Understand, develop and employ the emotional forces within you.
- Develop the critical interpersonal skills essential for leading others.

#### *Training Methodology*

The instruction of this dynamic seminar will consist of content lecture, video dramatizations, assessments, engaging class discussions, and many exercises to make the learning come alive. Because Leadership Development: Self-Awareness, Skills and Strategies is so extensive in scope, the seminar will be delegate-centered and need-driven. The actual extent and time allocated to each topic will be determined by initial and daily observations of their relevance to the delegates day-to-day work requirements.

#### *Organisational Impact*

## **Leaders with high self-awareness and emotional competence:**

- Have the ability to understand and relate to people in the organization.
- Avoid many of the difficult people and HR problems that plaques many organizations.
- Possess skills that are now considered to have greater impact on organizational performance than traditional measures of intelligence such as IQ.
- Promote increased employee cooperation, increased motivation, increased productivity, and increased profits.

### *Personal Impact*

## **This course teaches the competencies that enable leaders to:**

- Accelerate their career development.
- Understand themselves and their potential more clearly.
- Recognize their own emotions as well as the emotions of others.
- Resolve conflict more effectively.
- Improve their ability to communicate, influence and work with others.

## **Program Outline:**

### **Day 1: Master Keys of Effective Leadership**

1. The principles of leadership.
2. The practices of effective leaders.
3. The five roles leaders play.
4. Leadership self-assessment.
5. Rebalance your leadership style for optimal results.

### **Day 2: Towards Emotional Self-Awareness**

1. Growing your personal power.
2. Achieving emotional excellence.
3. Self-leadership through inner mastery.
4. Success through a positive attitude.
5. Designing a strategic plan for your life and career.

### **Day 3: Mastering People Skills**

1. Understanding Interdependence.



2. Wining through effective communication.
3. The active listening-model.
4. The four styles of communication.
5. Dealing with conflict constructively.

#### **Day 4: Building and Leading Extraordinary Teams**

1. How a high performing team differs from a traditional work group.
2. The three elements of high-performance teams.
3. Understanding the four types of teams.
4. The stages of team development.
5. Team dynamics: How teams really work.

#### **Day 5: Performance Management**

1. Igniting team creativity.
2. The art of practical coaching.
3. Conducting effective performance discussions.
4. Positive discipline through expectations.
5. Delegating and empowering the right way.