



Self-Awareness and Self-Direction for Effective Leaders

PIK198-0126 LON-1



Place: London (UK)

Venue:

Start Date: 05-01-2026

End Date: 09-01-2026

PPP: £4550



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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

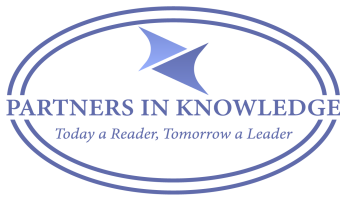
1. The principles of leadership.
2. The practices of effective leaders.
3. The five roles leaders play.
4. Leadership self-assessment.
5. Rebalance your leadership style for optimal results.

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. Winning 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.