

CONSCIOUS LEADERSHIP FOR PERSONAL MASTERY



OVERVIEW

What would change in your leadership approach if you could deeply understand and leverage the unique strengths of everyone on your team, while staying true to your own core values?

WHY OUR PROGRAMME?

This course emphasises self-awareness, authenticity, and leading with purpose, values, and mindful practices. It is designed to help leaders develop a conscious approach to decision-making, communication, and team dynamics by fostering Emotional and Spiritual Intelligences (EQ and SQ) impacting on your personal and organisational success

PROGRAMME DETAILS

- 2 days of training
- Face-to-face or virtual Instructor Lead Training (vILT) delivery
- Immersive learning experiences



PROGRAMME OUTCOMES:

This course will benefit you (and your organisation) by empowering you to:

- Tap into EQ skills to self-regulate in context of life and work relations;
- Apply the principles EQ and SQ as conscious leaders to unlock high performance of themselves and inspire others;
- Implement the core principles of conscious leadership within the work environment;
- Employ strategies to create a purpose-driven, ethical and inclusive workplace; and
- Demonstrate conscious leadership principles in simulated scenarios

PROGRAMME DESIGN:

PERSONAL MASTERY: LEADING FROM WITHIN (1 DAY)

Module 1: Emotional and Spiritual intelligences

- Defining personal mastery
- Unpacking Emotional and Spiritual Intelligences Self-awareness in leadership: tools and application
- The Johari Window: recognising personal biases and blind spots
- Knowing my triggers
- Problem-solving using Emotional and Spiritual Intelligences
- Practical exercise

Module 2: Conscious Leadership

- Defining Conscious Leadership
- How conscious leadership differs from traditional leadership models
- The impact of conscious leadership on organisational culture and performance
- Building a culture of experimentation and innovation
- Practical exercise

LEADING FROM THE INSIDE OUT: (1 DAY)

Module 3: The Business Case for Conscious Leadership

- The link between conscious leadership and business success
- Understanding my impact on the world beyond my immediate sphere of influence, people, planet, and profit.
- Ethical Leadership
- Case studies of conscious leadership in action

Module 4: Conscious Communication

Role plays simulations:

- Practicing open, transparent communication techniques within teams
- Active listening and mindful communication

Overcoming barriers to authentic communication in leadership



PRICE:

Prices for all 2025 open programmes can be found on our website:

www.corporateeducation.regenesys.net

CERTIFICATION:

- Certificate of Completion from Regenesys Corporate Education

All Regenesys Corporate Education open programmes can be tailored and customised for corporate cohorts

