



# CONSCIOUS LEADERSHIP FOR PERSONAL MASTERY

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3 Days | Immersive Learning Experience | Face-to-Face/Virtual





## 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 OUTCOMES:

This course will benefit you (and your organisation) by empowering you with the skills 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 DETAILS:

- 3 Days
- Face-to-face delivery
- Immersive learning experiences

**PROGRAMME DESIGN:**  
**BLOCK 1: PERSONAL MASTERY**  
– LEADING FROM WITHIN

**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

**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

**BLOCK 2: LEADING FROM THE INSIDE OUT**

**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

**Conscious Communication**

Role plays simulations:

- Practicing open, transparent communication techniques within teams
- Active listening and mindful communication
- Overcoming barriers to authentic communication in leadership

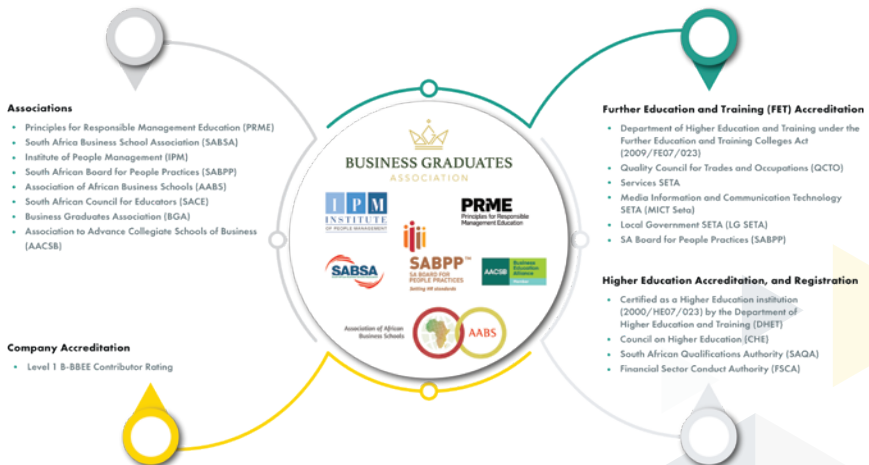


## LEARNING METHODOLOGIES:

This programme is designed with the following methodology



## ASSOCIATIONS AND ACCREDITATIONS



## CERTIFICATION:

- Certificate of Attendance from Regenesys Corporate Education

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

