



# Professional Personal Development Training

**Free Choices**

## Leadership Skills

### Programme Brief

Do you possess the qualities, skills and knowledge to lead and guide others in a chosen direction? Over the years a diverse range of beliefs, concepts and demonstrations of leadership have been expressed.

What is Positive & Mindful Leadership and what does it take to be an effective leader?

Free Choices Leadership Skills Training works with you to:

- Build reflective, resilient and effective leadership skills
- Tune your self-awareness and style of leadership
- Question yourself and recognise accountability
- Harness your full strengths & potential
- Deal with demands and threats
- Recognise the role and meaning of strength & courage in leadership
- Understand the impact of responsibility and decision making

### Programme Content

Our team of highly experienced and professional international trainers deliver programmes and coaching for individuals, teams and global businesses.

They will work with you to develop your awareness, strengths and skills to:

- ✓ Develop clear understanding of different leadership styles
- ✓ Formulate and enhance your unique leadership perspective and style

- ✓ Identify significant traits of effective & resilient leadership
- ✓ Promote engagement and raise productivity
- ✓ Be an Emotionally Intelligent & Mindful Leader
- ✓ Develop ways to build understanding and connect with others: The importance of empathy in leadership
- ✓ Form and maintain your vision, goals and meaning in leadership
- ✓ Develop strategies to build trust and loyalty
- ✓ Build effective communication skills, make an impact & get things done
- ✓ Inspire & motive others
- ✓ Deal with crisis and make difficult decisions

## Programme Delivery

Training will be interactive and experiential. This is in order, to promote engagement, motivation and significant learning or change. Coaching and individual feedback techniques will be utilised. Focus will be on developing participant's awareness, as well as, the practical application of the knowledge and skills, which have been developed.

