

My Conscious Leadership



leadership
design
studio

Effective leadership is a form of personal expression that enriches your choice of work or vocation.

My Conscious Leadership (MCL) is an intensive and transformative program, driven by each individual and guided by experienced facilitators and fellow participants, within the architecture of proven theories and mental models.

With MCL, participants examine how their leadership abilities emanate from who they are as a person; their values, talents, and self-image. The more aware of these aspects within themselves, the more agile their behaviour and effective their decisions.

The program aims to explore ideas on how, as a leader, each participant can unleash others' potential by using coaching as a part of their unique leadership style.



Best for:

Senior level managers



Format:

In person



Class size:

From 8-12

Duration:

72 hours over 9 weeks

Facilitator/participant:

Ratio of 1:6

The leader within, leading the world

Provide leaders the ability to discover and develop their leadership.



**connect
vision & values
with leadership**



**examine
how you
relate to others**



**discover
"how & why
you lead"**



**develop an
authentic
leadership style**

Participants in the My Conscious Leadership develop:

- Practical leadership skills to achieve goals, drive performance, create greater organizational impact, and align short-term action with long-term direction.
- Leadership capabilities by drawing upon experience with various developmental models which are the building blocks for organizations, managers and employees to reach their full potential.
- The ability to unleash the potential in others by applying coaching as part of their leadership style and create a workforce of high-performing, autonomous individuals.
- Interpersonal agility and awareness of how they can best contribute in various situations, creating an environment where everyone is energized, inspired and contribute their strengths towards the development of themselves and the organization
- Greater intimacy with their motivation for why and how they lead which emerges as authentic leadership eliciting a climate of safety and belonging where extraordinary advancements can be achieved.
- Confidence in the future they are planning for themselves and how they can further contribute to the organizations continued success.

Why choose our My Conscious Leadership Program?

It is rare that people leave their workplace because of the company or business. Lack of trust, fear, clarity and alignment damages businesses and organizations, and disengages and demotivates employees. The most effective leaders actively practice self-awareness and openness. They understand which behaviours are productive in themselves and others, create opportunities for growth and coach people to use their strengths.

Organizations are only as effective as their ability to solve today's problems. These challenges become more complex amid a disruptive and evolving reality. As leaders continue in their leadership journey, taking on additional responsibility, the challenges of balancing organizational objectives and unleashing the potential of their teams become even more critical.

A key ingredient to an organizations' success is the agility and personal awareness of their leaders. MCL offers leaders a highly individualized, feedback rich development forum that includes intense, personalized coaching. Participants will be supported by proven development models and experienced facilitators, but in the end, your own contribution and openness will be essential for the outcome.



“Excellence is never an accident. It is always the result of high intention, sincere effort, and intelligent execution.”

Aristotle

**Why do
people excel
in their career?**



**as a consequence
of the leadership
they experience**



**their strengths
are appreciated
and utilized**



**partnerships
that foster
career growth
opportunities**

Program agenda

The program (3x3 days) is mainly built on self-reflection in an open climate where each participant will learn from their own and others experience. The participant will be supported by proven development models and experienced facilitators, but in the end, their contribution and openness will be essential for the outcome of the course. A big part of the learning is based on the support and challenge participants get (& give) in dialogue with the other attendants.

PREPARE

In the weeks before attending the program, you'll work to prepare for an intensive experience which sets the foundation for stronger, more effective communication. Additionally, before subsequent sessions, you'll complete a 360-degree assessment, review additional assessments and insights, and make preparations for your leadership framework exercise..

PARTICIPATE

Much of the program is based on coaching, in-depth assessments and challenging assignments that provide a clear view for leaders to have an impact on the organization. Through hands-on exercises, in-depth feedback, and on-on-one coaching, you'll leave the program with a clear path forward, as well as the tools to see it through

SESSION ONE	SESSION TWO	SESSION THREE
<p>The Self-Aware Leader</p> <ul style="list-style-type: none">• Your Leadership Essence - Delve into the significance of your nature as a leader to understand how your leadership expression influences others.• Your Leadership Paradigm - Explore the meaning of your leadership ideology by investigating how and why you lead.• Values in Leadership - Assess how you relate to organizational values and consequently how values influence leadership decisions.• Personal Change Dynamics - Understand how the intersection of your emotive state with your openness for change influences your ability to sustain tangible changes needed for growth.	<p>The Coaching Leader</p> <ul style="list-style-type: none">• Your 360 assessment - Within an open climate and with the magnitude of insight from a 360 assessment, you pursue coaching to develop actionable insights for more effective leadership and planning next steps.• Coaching Leadership - Engage in an in-depth approach to understanding and utilizing coaching as a leadership style. You will engage in intensive interactions with fellow participants to deepen learning, take responsibility and improve potential in business performance and leadership.• Your Leadership Development - crafting the next steps and communication plan for your development as a leader.	<p>The Authentic Leader</p> <ul style="list-style-type: none">• Your communication methods - You investigate the transactional analysis of your communication strategy. By understanding the elaborate nature of language and communication transactions, you strengthen your ability to develop effective relationships.Dynamics of Feedback -• You strengthen your ability to convey authentic feedback and establish the hierarchy of accepting feedback.Your Leadership Framework -• You present My Conscious Leadership and receive feedback and coaching to set the foundation for your leadership legacy.

PERFORM

Participants adjourn to apply their learning, implement their action plans and are supported by coaching sessions to sustain growth.

Piqued your interest?

We'd love to hear from you. Get in touch and begin the journey to success.

You can contact us at info@ldstudio.org or visit our website at ldstudio.org



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