



## A Leadership Transformative Journey of Self-Discovery

PIK741-0526 SPN-B-2



<b>Place:</b>	Barcelona	<b>Venue:</b>	Serhs Rivoli Ramba Hotel (La Ramba, 128, Barcelona 08002, SPAIN) - TBC	
<b>Start Date:</b>	25-05-2026	<b>End Date:</b>	05-06-2026	<b>PPP:</b> £5750



## **A Leadership Transformative Journey of Self-Discovery**

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**If you can't train them,  
you can't blame them!**

### Short Description:

**COURSE OVERVIEW** This training program is structured to foster both personal and professional development by guiding participants on a transformative journey of self-discovery. Through a series of reflective activities and discussions, individuals will explore their values, strengths, and areas for improvement. The program's design encourages participants to gain a deeper understanding of themselves, which is essential for effective leadership. By cultivating self-awareness, attendees will be better equipped to navigate challenges and make informed decisions in their professional lives. The ultimate goal of this initiative is to empower participants to apply their insights to enhance their leadership capabilities and achieve their personal and professional objectives with confidence. As individuals uncover their unique leadership styles and motivations, they will learn to harness these qualities to inspire and influence others. This program not only emphasises individual growth but also underscores the importance of collaboration and connection within teams, fostering a culture of shared learning and mutual support.

### Course Overview:

#### **PROGRAM OBJECTIVES**

At the end of this program, participants will be able to:

- Analyse and discover their leadership style and tendencies.
- Enhance personal power and effectiveness.
- Understand and develop the emotional forces within themselves.
- Identify personal thinking styles and preferences.
- Learn ways to uncover unknowns and address real problems.
- Build flexible, creative, and motivated teams.
- Improve communication skills and the ability to influence and collaborate with others.

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## TARGET AUDIENCE

- Emerging Leaders aspiring to develop their leadership skills and unlock their full potential.
- Mid-Career Professionals seeking personal and professional growth through self-discovery and leadership development.
- Team Managers looking to enhance their leadership abilities and guide their teams to success.
- Organisational Leaders interested in fostering a culture of continuous improvement within their teams.
- Organisational Leaders aiming to empower individuals within their teams.
- Individuals in Transition seeking clarity in their professional journey.
- Individuals in Transition looking for direction through self-exploration and discovery.

## Program Outline:

### DAY 1: Master Keys of Effective Leadership

1. Explore the fundamental principles of leadership and the essential roles leaders play.
2. Understand the mind and heart of a leader, emphasising emotional intelligence.
3. Discover the practices that distinguish effective leaders in various situations.
4. Engage in a leadership self-assessment to identify strengths and areas for growth.
5. Learn how to rebalance your leadership style for optimal results.

### DAY 2: Towards Emotional Self-Awareness

1. Growing Your Power & Achieving Emotional Excellence.
2. Self-Leadership Through Inner Mastery.
3. Success Through a Positive Attitude.
4. Your Time and Your Life - Prioritise your time management to align with your life goals and values.
5. Increasing Personal Productivity & Designing a Strategic Plan.

### DAY 3: Mastering People Skills

1. Understanding Interdependence and Effective Communication.
2. Active Listening Model.
3. Communication Styles.
4. Constructive Conflict Resolution.
5. Influence, Persuasion, and Negotiation Skills.

### DAY 4: Building and Leading Extraordinary Teams

1. Distinction Between Team Types.
2. Core Elements of High Performance - Identify the three essential elements that contribute to high-performance teams.
3. Stages of Team Development.
4. Team Dynamics.
5. Leadership Strategies.

### **DAY 5: Performance Management**

1. Ignite team creativity and foster an environment for innovative ideas.
2. Master the art of practical coaching and conducting effective performance discussions.
3. Implement positive discipline through clear expectations and appropriate delegation.
4. Empower team members by using the situational leadership model effectively.
5. Analyse development needs and utilise effective tools for managing performance.

### **DAY 6: Understanding Your Creativity**

1. Explore the relationship between creativity and personality.
2. Develop creative flexibility for effective management.
3. Maximize perceptual abilities to enhance creativity, incorporating the Holistic Model of creativity.
4. Study notable creative figures from the past to draw inspiration and insights.
5. Construct a personalised Creative Model.

### **DAY 7: Generating Creativity**

1. Understand the mechanics of creative thinking and its stages.
2. Foster openness to new ideas and recognise creativity in others.
3. Explore the concept of Whole Brain Thinking for enhanced creativity.
4. Identify characteristics of excellent creative thinking.
5. Create a supportive environment that encourages conscious and competent creativity.

### **DAY 8: Strategies for Creative Problem Solving**

1. Understanding Problem-Solving Strategies.
2. Mindset and Creativity.
3. Identifying the Core Problem - Focus on defining the real problem to ensure targeted solutions.
4. Overcoming Mental Blocks.
5. Techniques for Solution Generation - SLIP technique and drill down funnel.

### **DAY 9: Encouraging a Creative Climate at Work**

1. Releasing and fostering creativity to enhance the workplace environment.
2. Incubating ideas while challenging assumptions to promote innovative thinking.
3. Leveraging creativity for business breakthroughs and growth.
4. Sharpening creative thinking using metaphors and analogies.
5. Utilising coaching to effectively release and enhance creativity.

### **DAY 10: Leading on The Creative Edge**

1. Innovative leadership for enhancing performance.
2. Mastering convergent and divergent thinking skills.
3. Fostering creative potential within teams.
4. Understanding and engaging with creative individuals.
5. Strategising for a creative future.