



Lead from within

DISCOVERING THE POWER OF **AWARENESS** FOR ENHANCED ENERGY AND PRESENCE

To perform in challenging and complex times, leaders must be prepared to adapt rapidly and rise above fast-changing circumstances, so they can **prepare for the future while being fully engaged with the present.**

This is a development programme for leaders that works on three inter-related components: self-mastery; purposeful engagement and personal ownership. **By developing their Inner Game, leaders can better perform their outer game.** Over the course, participants will engage in **facilitated group coaching** where they ask powerful questions of themselves and each other. Between each module they carry out regular **'Inner Game' practices - physical, mental, emotional and spiritual, while tracking their personal development.**

Simple, yet powerful tools to **audit energetic states, harness emotions and expand the capacity for vulnerability** will hone participants' skills to make them more flexible leaders who can easily see from different perspectives and respond according to the context rather than merely through habit.

Through ongoing resilience practices and self-enquiry, the programme equips leaders with the **ability to thrive in challenging contexts** and inspire those they lead to do the same. By focusing on their Inner Game, participants will feel more able to:

- Develop self-knowledge and personal leadership awareness.
- Cope with paradox.
- Be the 'eye of the storm'.
- Ask powerful questions that elicit growth in themselves and others.
- Sense into a whole system, engaging stakeholders to create value all around.
- Avoid the traps of 21st century leadership.
- Deepen the quality of conversations.
- Develop others.

Led by skilled and **intuitive coaches who share their own vulnerabilities and resilience practices**, the Inner Game of Leadership is where personal development meets the demands of the changing world of work, with transformative results.

TERMS AND CONDITIONS

- Max. 15 participants
- 6 half-day modules or 3 full day programme
- Online or face to face