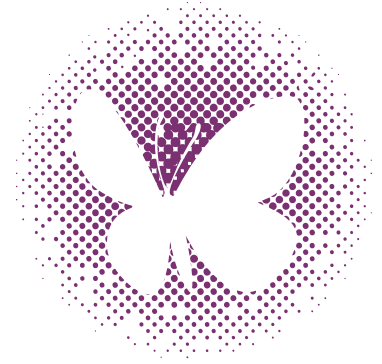


Client Case Study:



Modelling Conscious Leadership Skills for Professionalism

The Cultural Change Company was invited to deliver a 2-day programme on Conscious Leadership skills. The course was part of the European Summer School for Advanced Management (2019) involving both part and fulltime International students. The course was delivered over 2 days as part of the client's overarching learning programme.

The underlying assumption for this course was that effectively managing one's 'inter' and 'intra' personal relationships are critical competencies required in the professional manager. The content of this course was designed to expand participants awareness of both their intra and interpersonal skills through enhancing their emotional intelligence (EI) and how it may be applied to professional management.

This course was built upon the principles of 'Modelling Excellence'. We selected learning strategies that can generate a high standard of conscious leadership. The key learning outcomes were:

- **How to build and maintain excellent rapport with individuals and teams**
- **How to coach excellence in ones' self and in others**
- **How to create supportive change networks**
- **How to model collaborative relationships**
- **How to master your 'inner game'**
- **How to develop your emotional, cognitive and behavioural flexibility**
- **How to manage challenging thinking styles**
- **How to establish psychological safety in teams**

The broad aim of this programme was to establish firm coaching skills that participants could apply productively to the challenges facing their employers; and to create a far more effective organisation through the personal development of conscious leadership capabilities through building upon relationship management capabilities. Drawing on areas as diverse as 'Mindfulness', and 'Success Factor Modelling', this highly experiential course employs a unique blend of effective coaching methods that can be easily modelled and introduced to the larger organisation.