

# € TRAINING

Sharpening Leadership Skills Through Self  
Mastery



25 - 29 November 2024  
Barcelona (Spain)



# Sharpening Leadership Skills Through Self Mastery

REF: Z1736 DATE: 25 - 29 November 2024 Venue: Barcelona (Spain) - Fee: 5565 Euro

## Introduction:

This training program focuses on empowering individuals to become effective leaders by first mastering themselves. It cultivates leadership excellence by equipping individuals with the tools and insights needed to navigate challenges, inspire teams, and drive organizational success through self-mastery.

## Program Objectives:

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

- Demonstrate heightened self-awareness and emotional intelligence, enabling them to better understand themselves and their impact on others.
- Implement self-mastery techniques to regulate emotions, manage stress, and maintain composure in challenging situations.
- Apply leadership principles and strategies to inspire and motivate teams, foster collaboration, and drive organizational success through authentic leadership practices.

## Targeted Audience

- Team members.
- Supervisors, Management professionals.
- Delegates of any sector of industry and/or business.
- Risk management department.
- Human resources department.
- Staff among all levels or departments.

## Program Outline

### Unit 1:

#### Knowing Yourself:

- Importance of awareness for self-management.
- Focusing your mental power.

- The mind-body connection.
- Managing your physical energy.
- Promoting good personal habits.
- Understand your training style.

## Unit 2:

### Towards Effective Self Management:

- Understanding the steps of human development.
- Understanding and managing our behaviors.
- How to empower yourself.
- Basic principles of life.
- Filters of experience.
- Passive, aggressive, and assertive behavior.

## Unit 3:

### Personal Leadership Skills for Handling Pressure & Stress:

- Stress and its effects on the body, mind, and spirit.
- Holistic response to stress.
- Relationship between mind and body.
- Personality styles and response to stress.
- Understanding Introvert and Extravert responses to stress.

## Unit 4:

### Enhancing Communication Skills In Times of Stress:

- Passive & aggressive responses.
- Assertive communication during stressful times.
- Managing conflicts during times of stress.
- Giving and receiving criticisms during stressful moments.

- Resolving conflicts constructively during times of pressure.

## Unit 5:

### Leadership:

- Understanding the importance of emotional intelligence.
- Developing self-awareness, motivation, empathy, and social skills.
- Moving to a new model of empowerment.
- Recognizing 21st-century leadership skills.
- Interpreting institutional and interactive leadership.
- Comprehending the difference between leadership and management.
- Utilizing effective situational leadership.

## Unit 6:

### The Public Face of the Mature Leader:

- Making successful presentations.
- Influencing through appeal to the achievement of a vision.
- Influencing through the utilization of logic, and a genuine people orientation.
- Displaying personal power in communications.
- Overcoming the failure mechanism.
- Running productive meetings.