

# € TRAINING

Leading Through Self Mastery



2 - 6 December 2024  
Barcelona (Spain)



# Leading Through Self Mastery

REF: M116 DATE: 2 - 6 December 2024 Venue: Barcelona (Spain) - Fee: 5565 Euro

## Introduction:

This training program is designed to empower participants with essential leadership skills by focusing on personal development and growth. By mastering self-awareness and self-management, participants are equipped to lead with authenticity, resilience, and impact in their professional roles.

## Program Objectives:

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

- Study effective management of our thoughts, beliefs, focus, and action.
- Understand the impact of our values on our actions.
- Consider how to build confidence, enthusiasm, and courage.
- Explore methods of improving communication.
- Examine how to enhance personal leadership skills.
- Analyze the public face of the leader.

## Targeted Audience:

- Current and aspiring leaders across various industries seeking to enhance their leadership capabilities.
- Professionals interested in personal development and growth to excel in their leadership roles.
- Managers and executives looking to improve their self-awareness and emotional intelligence for effective leadership.
- Individuals committed to fostering a positive work environment and inspiring their teams.
- Employees interested in mastering self-leadership to lead with authenticity and resilience.

## Program Outlines:

### Unit 1:

#### Who Do You Think You Are? Self-Mastery, Reality, and Responsibility:

- Taking charge of your brain.

- Reaching success based upon your paradigm.
- Understanding the emotional loop.
- Gaining power and freedom by taking responsibility.
- Analyzing the power of beliefs.
- Utilizing emotion to drive action and Directing your focus.
- Understanding visual, auditory, and kinesthetic submodalities.

## Unit 2:

### Vision and Integrity:

- Analyzing the impact of values on your vision.
- Understanding how your values impact your purpose.
- Designing your destiny with the power of vision.
- Creating a powerful vision.
- Operating with personal integrity.
- Achieving positive self-renewal and Building self-confidence.
- Harnessing the power of enthusiasm and Strengthening your courage.

## Unit 3:

### Advanced Communication Skills:

- Communicating with intention.
- Breaking negative patterns.
- Understanding the communication process.
- Creating effective oral communication.
- Understanding the relationship between verbal and nonverbal communication.
- Utilizing active listening techniques.
- Dealing with difficulties in communication.
- Analyzing communication styles: aggressive, passive and assertive.

## Unit 4:

### 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.
- Learning the 4 Es of leadership at GE: energy, excite, edge and execute.
- Evaluating the leadership secrets of Jack Welch and Investigating theories of motivation.

## Unit 5:

### 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.
- Influencing through a genuine people orientation.
- Displaying personal power in communications.
- Overcoming the failure mechanism.
- Running productive meetings.