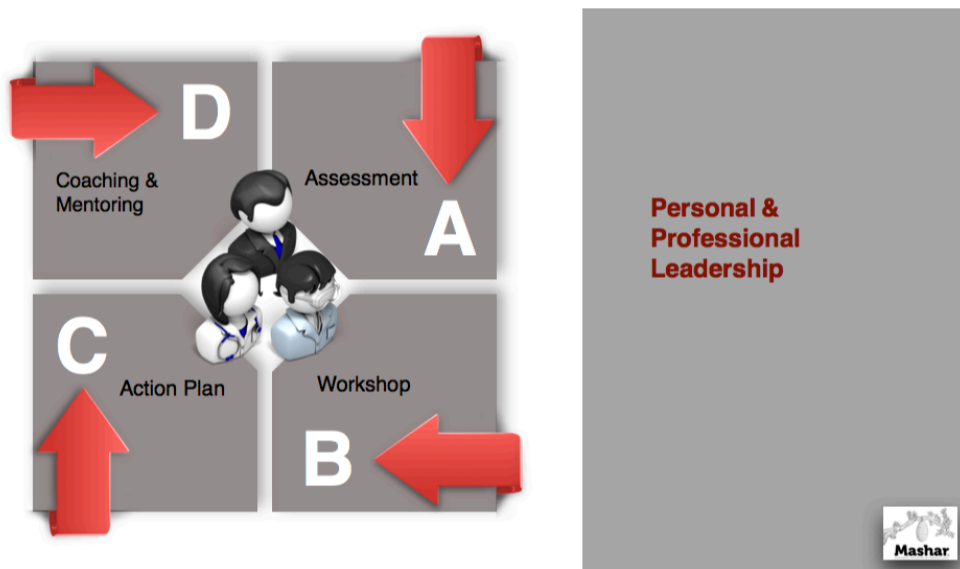


# Personal Leadership Program

One of the biggest challenges current and future leaders face is to be able to "lead themselves" before going out and attempting to lead others. Being grounded and as clear as possible on your own values, preferences, ways of working and communicating with others and ways of doing things, especially in times of stress and pressure, is a vital first step to becoming an effective leader.


Personal Foundation is based on ideas and theories from the fields of Leadership Development, Whole-Person-Self-Development, Emotional Intelligence and Positive Psychology.



Program Process

## PROGRAM CONTENT

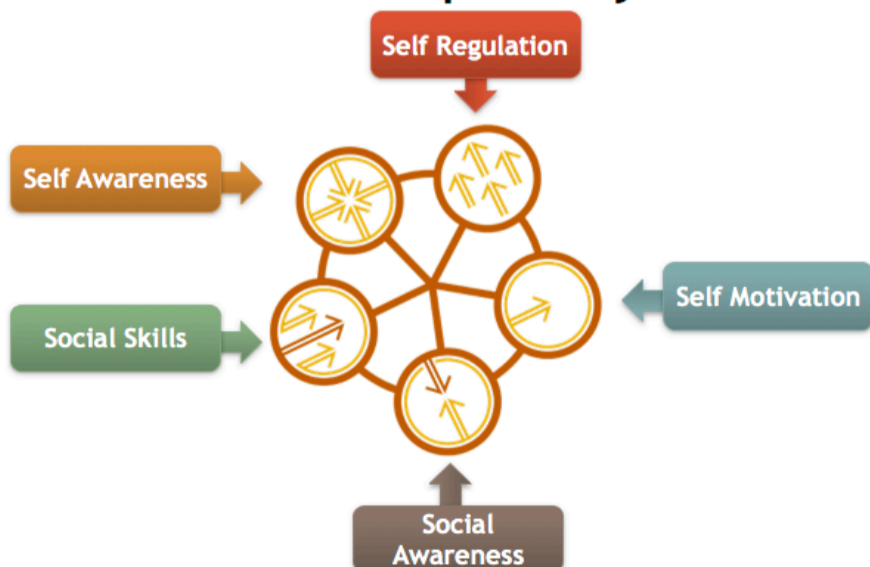
### 1. Communication

-  Social and Communication Styles
-  Trust and Empathy
-  Flexibility
-  Change and Defensiveness
-  Negotiation Process

### 2. Emotional Capability Profile

-  WHAT IS EMOTIONAL CAPABILITY
-  UNDERSTANDING THE EMOTIONAL CAPABILITY Profile
-  BUILDING EMOTIONAL CAPABILITY SKILLS
-  Understanding emotional awareness in the workplace
-  Overview of Development Modules

## Emotional Capability Model



# Program Content

## 3. Resilient



Resilience



Managing Pressure Through Physical Resilience



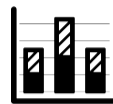
Mental Resilience



Tools & Techniques of Resilience

## 5. Coaching & Mentoring

Each participant will receive a 5 coaching and mentoring sessions during the implantation of the program

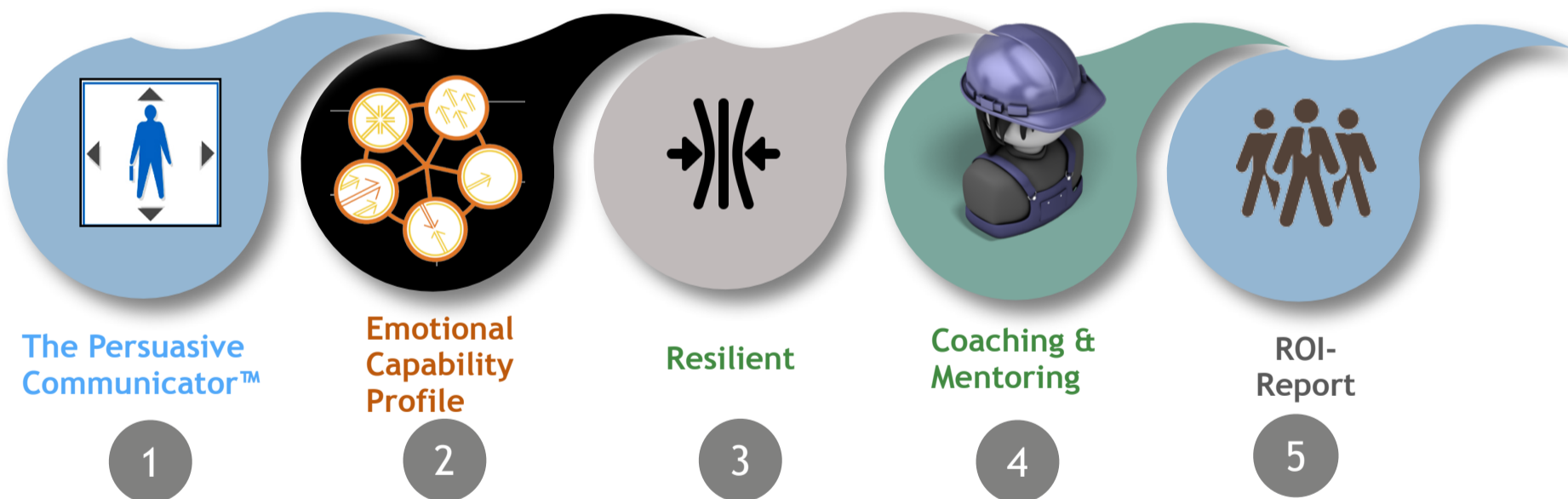


## 6. ROI report

Measuring the return on investment is the last stage in Personal Leadership program, we will apply assessment tools to measure the progress in participant's performance and provide a final feedback report after completion all the stages 4-6 months.

## 4. Personal Foundation

- To understand the development and theoretical foundations of personal foundation
- To analyze the potential effects of practicing Personal Leadership in personal, interpersonal and organizational contexts
- To explore and apply the Principles and Practices of Personal foundation
- To develop a Personal Vision Statement as an Effective Leader - of the Self and Others
- To understand and apply Personal effectiveness strategies.



# Personal Leadership TIMELINE - Level 1



## Who Should Attend

Managers, Team Leaders, Seniors, New Comers and Talent Management, anyone looking for developing his own personal leadership



## Content

- 20 hours Live Training
- 3 Assessments
- Coaching & mentoring