

PERSONAL SKILLS TO HELP YOU THRIVE

Overview

Effective leadership starts from within. Before you can lead your team or influence across the organisation, you must first learn to lead yourself.

These courses equip emerging and experienced leaders with practical tools to do just that. Drawing on proven techniques and real-world experience, they support you to build the personal leadership skills you need to thrive at work.

The courses include

- Breaking the perfectionism trap
- Building your confidence at work
- Busting imposter syndrome
- Developing a growth mindset
- Leveraging your strengths
- Managing worry and negative thoughts
- Managing your energy at work
- The power of 'no' – boundaries at work

Details

- Each course is 3 hours in duration
- Can be face-to-face or online
- Up to 20 people per session
- Key takeaways: from every course you will leave with practical, actionable tips and tools you can start using straight away
- Includes a planning meeting of up to one hour to gain an overview of your business and the attendees



Suggested attendees

Executive team members

Senior leaders

Leaders

Anyone else who needs to
build confidence at work



Please contact me to discuss
running this training course
in your workplace

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