



## LEADERSHIP PROGRAMME

### **Background:**

“The rules for work are changing. We’re being measured by a new yardstick: not just by how smart we are, or by our training and expertise, but also how we handle ourselves and each other.”

Daniel Goleman – Author of Emotional Intelligence

Research shows that a 1% increase in climate service increases revenue by 2%

Scientific evidence proves that mood and emotions are contagious. Resonant leaders reduce stress within their teams and increase service levels.

Leaders therefore need to be aware of who they are, why they behave the way that they do and how they impact and influence others.

Great managers can be decisive, knowledgeable, and skilful but without with emotional awareness and the ability to connect with and inspire others we will not have great leaders.

True Colors® helps you tap into your emotional intelligence in a way which is simple to understand yet difficult to forget.

True Colors creates self understanding and builds self-awareness together with appreciation of others. It provides a common base for communication and aids collaboration and improves relationships.

### **Programme Benefits:**

- ❖ Transforms managers into leaders
- ❖ Improves co-operation and collaboration
- ❖ Improves morale and self esteem/self confidence
- ❖ Enhances performance
- ❖ Reduces stress

### **Programme Structure:**

Our transformational Leadership programme is structured as follows:

- ❖ Opening energiser – ½ day
- ❖ Personal Success –1 day
- ❖ Team Building –1day
- ❖ Managing Change- 1day
- ❖ Communicating with Empathy –1day

Individual commitment to behavioural change and outcomes are generated at the end of each session and lessons learnt shared at the beginning of the following session.

Individual coaching is recommended between each session to personalise and deepen the learning and create personal action plans.

**For More Information About True Colors and Change**

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