



LIVING LEADERSHIP

Bringing Leadership to Life!

THE LEADERSHIP AND LIFE BALANCE PROGRAMME FOR WOMEN

Great leadership at work does not happen in isolation from life as a whole. Being a successful leader in your life, means recognising who you are and how you lead yourself in all aspects of your life, not just your work roles. It means bringing your whole self to your work, so that you can be fully in your integrity as a person and draw on *all* your personal resources for success.

Living Leadership is a new Personal Leadership Programme, which will help you to re-discover the inner leader in you. It will help you to increase your 'personal power' as a woman in all areas of your life, especially your work. It is deliberately grounded in a framework for personal growth rather than delivering another 'corporate' skill-set for *doing* the work of a 'good' leader. The reason for this is simple and important. There are no toolkits that will make you a good leader if you have not discovered and engaged the natural leader in you first. This is why *self-leadership* is so critical to exceptional leadership of others because your integrity, clarity and confidence in *yourself* and what *you* stand for will be the key attraction for others to listen to you and put their trust in you.

How will I benefit from attending?

- Bring greater clarity of purpose and vision to your leadership as a whole
- Strengthen your inner confidence and influence as a leader in your role
- Create more choice and influence over the thoughts and feelings that effect your success
- Develop the personal robustness and skill to transform challenging relationships
- Create more balance and vitality in your life as a whole and reduce stress
- Build a supportive network of women with which to share experiences and learning
- Receive one to one coaching sessions to help you integrate your learning

How is the programme structured?

Living Leadership consists of 4 successive one-day modules spread over 4 months with inter-module coaching sessions to help you to integrate your learning. During each programme you will engage with meaningful and practical tools to grow your leadership potency, applying them to those areas of your work and life where change is needed. You'll develop a vision of what *Living Leadership* means to you and receive support from the modules and personal coaching sessions to *bring it to life!*

▶ NEXT PROGRAMME 2007 *Please book early as places are limited.*

25th Jan Module 1 - LEADING ON PURPOSE	12th April Module 3 - TRANSFORMING RELATIONSHIPS
27th Feb Module 2 - BEING IN 'SELF-COMMAND'	10th May Module 4 - SUSTAINING SUCCESS

Workshop Venue	The Rapha Centre, Comrie Road, Braco, Perthshire FK15 9LL (1hr from Edinburgh or Glasgow.)
Coaching Venue	Springwood House, Kincardine on Forth, FK10 4AY
Timing	09.45 – 17.45 each day. (Coaching times to be arranged.)
Price	£1,750 + vat for 4 modules including all coaching, beverages and lunch (Discounted to £1,550 + vat for members of SLF or ASB)

How do I book or get more information?

To book or get further information about the programme email joey@dancehammer.co.uk or call 01259 731 525.

Who is leading the programme?

Living Leadership is part of the **▶ Women at the Heart of Leadership** initiative which is designed and led by Joey Walters of Dancehammer Group Ltd and supported by the Scottish Leadership Foundation and the Association of Scottish Businesswomen.

See over for module details...



SCOTTISH LEADERSHIP FOUNDATION





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What is the focus and benefit of each module?

Module 1 – LEADING ON PURPOSE

This day explores our roles as women and the limitations that can be attached to our self-perception. We will develop ways to build a strong and confident *Self*-identity and explore the core sense of purpose that drives our motivation to act. Stepping beyond your role identities you will have time to explore the vision that you hold for your personal leadership and begin to identify and understand the critical voices that may hold you back.

- Strengthen your sense of identity and purpose in all areas of your life
- Create your personal vision for successful leadership in your life as a whole
- Recognise and begin to transform the 'voices' that may hold you back
- Engage the inner resources that will enable your success
- Approach your leadership role at work with new clarity and motivation

Module 2 – BEING IN 'SELF-COMMAND'

This module explores in depth ways to access and maintain our personal power. We will be learning and using powerful self-leadership 'tools' to deepen our own understanding and experience of how to be in 'Command' of our own energy, particularly our emotions. When we have more personal authority over our patterned reactions, we can begin to open our behavioural responses to much greater and more constructive choice.

- Develop a strong inner core of sincerity and calmness
- Stay centred and balanced particularly when under 'attack' from others
- Access 5 powerful qualities that help you to be in 'Command' of your thoughts, feelings and actions
- Understand how we get emotionally 'hi-jacked' and how to interrupt negative reactions
- Understand the thought patterns that disrupt your success and employ new 'power thoughts'

Module 3 – TRANSFORMING RELATIONSHIPS

At all levels, successful relationships are a critical part of our success as a leader. This day is focused on the support and challenge that relationships bring and in particular the ones that get in the way. How can we engage our courage and wisdom to shift the dynamics of a relationship that is troubling us or challenging our progress? This module builds on the previous module's experiential learning about personal power and applies that to specific toolkits for having conversations that make the difference.

- Speak openly and honestly with confidence and clarity
- Constructively challenge people with unhelpful attitudes and behaviours
- Transform difficult relationships that matter to you
- Understand the elements that support or hinder the effectiveness of your communication
- Break through other people's resistance to change

Module 4 – SUSTAINING SUCCESS

In order to achieve lasting success of any change, we need to understand and prepare for the resistance that may occur, either internally or externally. This final day will look at the emerging needs of the group in relation to sustaining and supporting progress and continued development. How do we handle the times when we steer off track and what kind of support do we need to create in order to stay on course with living our vision of leadership success? How do we continue to take care of ourselves and maintain balance in our lives?

- Address any gaps to your learning and progress that need extra support
- Anchor a strong identity that will support your continued success
- Explore how to overcome resistance to change and potential blocks to continued success
- Create a sponsored, life-balanced action plan including ways to stay connected with your inner resources
- Foster and be a part of a continuing support network of women


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