

# Leading Self

*Gestalt foundations for personal, team and organizational success*

BLENDING LEARNING (ONLINE)

CE HOURS: 12

This program is ICF certified for 9 core competency hours and 3 resource development hours.



Success, effectiveness and fulfillment in today's fast-paced, team-based, global work environments require a well developed ability to connect with others and build relationships. Understanding oneself is at the heart of this ability and central to effective workplace relationships, leadership and influence.

In this program, your focus will be on developing a greater self awareness and a more profound understanding of your impact on other people, through the integrated use of Gestalt core concepts such as Awareness, Optimism, Presence and the Cycle of Experience. The learning will include tools, self-assessments and practices designed to develop core skills that are essential to leadership and to building your performance, effectiveness and resilience in today's complex, fast-moving organizations.

## How it works

Begin with a 90-minute live-online group session to kick off and orient you to the program. Your learning will be supported by your own leadership coach and group facilitator.

Complete the self-paced portion of the program on our online platform and meet with your coach one-on-one during the month following the kick-off.

Finish with a second 90-minute group meeting to wrap up the program and help you integrate what you've learned.

## Participants

This program is for individual contributors, valued professionals, emerging and experienced leaders, and others wishing to learn the fundamentals of relational leadership practice. The program will help anyone in a leadership role or preparing for leadership gain self-awareness and the personal tools necessary to build strong professional relationships and set the foundation for further skill development.

## Benefits

As a participant in this program you will:

- Learn about yourself in profound new ways
- Increase awareness of your leadership strengths and how to leverage them
- Explore the powerful 5Dynamics energy model for work, learning, and collaboration
- Develop insight and clarity about how to manage your natural energy at work
- Increase your ability to be intentional and effective in the choices you make
- Develop new understanding of your impact on others
- Gain new insights regarding your leadership presence
- Create a plan for continuing your leadership journey



*Scan for additional information and future program offerings*