Becoming a conscious leader : mindset and key tools

Duration: 2 days
Audience: Gestionnaire

Who is this training for?

For leaders, team leaders, bold leaders, executives and managers who want to challenge, transform and improve their leadership skills.

Training objectives

In this workshop, you will learn how to nurture and enrich your consciousness and enable you to make profound changes in mindset as a leader to meet today's challenges. You will develop a higher level of awareness, your ability to cooperate and you will learn powerful tools to carry out your strategic projects more effectively in a turbulent and unpredictable environment.

At the end of this workshop, you will have the keys :

- To obtain immediate concrete results
- To bring out the best in your teams
- To lead with meaning
- To act with integrity, courage and resilience
- To improve your organizational systems
- To play consciously with your high-performance leadership style

Summary

Drawing on the foundations of integral leadership by Robert J. Anderson and Williams A. Adams and AFI's coaching program by Edgenda on Transformational Leadership for Senior Leaders, this workshop will introduce you to the two main areas of Transformational Leadership, creative skills and reactive tendencies, with a view to raising your level of awareness as a leader and your level of effectiveness in the exercise of your role strategic in organization.

Course outline

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Materials : the Leadership Circle, a Transformational Leader Strategic Toolkit, and a notebook/logbook of your experience.

2 one-day sessions :

1. The mindset of a conscious leader: the foundations of the integral transformational leadership model

- Recognizing oneself to recognize the other
- Connecting to share and co-construct the future together

2. Powerful alliances that make sense :

- Daring to say, do and be to co-construct new collaborations with peers and with customers

3. The transformational leader in action

- Living one's conscious leadership in action: experiential practice of transformation based on real situations

4. Being an awakening leader and promoting the new desired culture of the organization

- Appropriating an integrative tool to manage consciously and succeed

By following this workshop, you will be allowed to see how a leader's "operating system" works on a daily basis. This will allow you to make connections with your inner thought system, which paradoxically translates into a productive AND unproductive leadership system. All in all, you will raise your level of consciousness as a leader, you will gain in quality of presence, collective, relational and emotional intelligence and you will increase your technical knowledge of leadership and your experiential knowledge of being a leader.

Approach and methodology

The workshop, designed as a boot camp with an executive coach, is inspired by International Mozaik's global (head/heart/body) and strategic (transformational changes) approach in training in the fundamentals of coaching leaders in organizations. The basic notions of integrated transformational leadership (Leadership Circle) serve as a reference point for leaders to appropriate and experiment

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in real situations, their ability to "move elsewhere" in consciousness and the practice of the essential skills of a conscious leader.

Our pedagogical approach is based on :

- Peter Senge's systemic approach to linking the four disciplines of a learning organization: mental schemas, personal professional maturity, cooperation and a shared vision of an organizational culture in transformation
- The principle of homeostasis to put security AND openness into the transformation
- The Compass of change to find one's way on the path of transformation

The pedagogical aspects of our approach are :

- Building a learning network with the participants
- Practicing co-learning
- Connecting the energies of the head, heart and body within oneself and with others.

Recommendations

Be able to engage yourself differently as a leader in your organization

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