

# EMOTIONAL LEADERSHIP WORKSHOP

## Training authentic leaders for a changeable future

This workshop is derived from our Emotional Leadership development programme which is designed to help identify and support authentic leadership in a changeable present and an uncertain future.

It draws together the latest research and strategies from the fields of **Leadership, Occupational Psychology, Positive Psychology, Communication and Social Dynamics** to deliver an effective evidence-based programme.

The course is delivered by Hugo Metcalfe, Oakridge Senior Consultant. Hugo trained as a Clinical Psychologist and has over 16 years' experience working in Mental Health, Resilience, Leadership and Research fields. Hugo works primarily as a Psychologist and Specialist Trainer, designing and delivering training programmes to a global client base. Hugo has experience working with leaders in several organisational settings, co-creating training programmes and workshops to meet unique organisational needs. Recently he was commissioned by Sandhurst Military Academy to complete a systematic review of the last 50 years of leadership research, producing a report outlining the construct and trainability of 'Leadership', the results of which were used to expand their Leadership Development Programme.

### PROGRAMME AIMS

- **DEVELOP:** a psychologically informed and integrative leadership approach, incorporating self-awareness, emotional intelligence and reflective practice.
- **IDENTIFY:** a person-centred approach and embed the core competencies of Transpersonal & Emotional Leadership into practice.
- **DEFINE:** the leadership skills, behaviours and practices required to support lasting organisational commitment, motivation, and productivity within teams.
- **DISTINGUISH:** the necessary evidence-based skills to lead from a psychologically informed position, facilitate systemic leadership and lead and manage resilient teams.

### CORE TRAINING MODULES

- Transpersonal Leadership
- Emotional & Social Intelligence
- Communicating from Authenticity
- Organisational Commitment
- Psychological Contracts
- Self-awareness & Self regulation
- Reflective Practice
- Systemic Leadership
- Values-Based Leadership