

# THE SELF-AWARE LEADER



Leaders are influencers. They're drivers. They have the power to shape an engaged, purposeful workforce, built on collaboration and the spirit of innovation. But the best leaders are those who lead from a strong sense of self.



## WHAT IS IT?

The Self-Aware Leader is a program that builds off of the Insights Discovery profile to help leaders at all levels of an organization increase their self-awareness to develop their personal qualities. More than any skill, leadership is about **who** you are, not what you **know**.

The Self-Aware Leader takes a group of 8 leaders inward, reflecting on how they show up as a leader, exploring where they can naturally empower those around them and how they can influence their team members and those they work with.

This program gives leaders the opportunity to look at themselves realistically to identify their vulnerabilities and their potential. Great for experienced to inexperienced leaders, this program will leave leaders transformed.

## OBJECTIVES

Through this self-aware learning experience, leaders will:

- Develop awareness of how their thoughts, beliefs, and values inform and create their unique perspective on leading self and others.
- Appreciate the impact their style of leadership has on those they lead.
- Learn how to adapt their approach to achieve desired results for themselves, their teams, and the organization.
- Appreciate the learning journey that has led to who they are today, and set the course for moving forward.
- Identify and appreciate their strengths and challenges in leading self and others through the lens of eight dimensions of leadership.
- Explore the possible ways to continue to develop, learn, and apply techniques to develop their leadership.

**Self-awareness  
is the strongest  
predictor of  
leadership  
success.**

-Green Peak Partners; "What Predicts Executive Success?"

Research conducted by Cornell University's School of Industrial and Labour Relations.

## BENEFITS

### 1. Inspired and engaged employees

Self-aware leaders use their awareness of emotions and how they impact others, as a method to inspire, motivate, and challenge followers.

### 2. Greater performance potential

Self-aware leaders are more trusted and can give a clearer direction and purpose to their teams, raising their levels of performance.

### 3. A more inclusive, respectful climate

Self-aware leaders are more aware of underlying assumptions and can positively role-model an inclusive and respectful way of working.

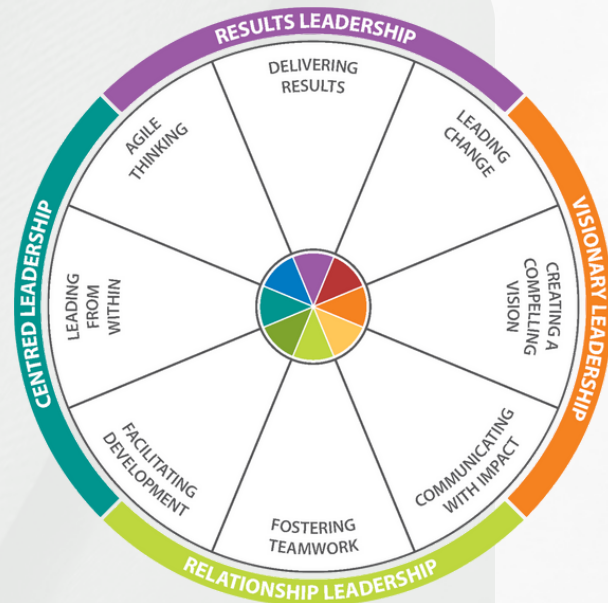
## WHAT YOU GET

Each leader will receive a total of 32 hours of face-to-face development over 8 months:

- Two half-day group sessions introducing and applying the Insights Discovery color energies within a leadership role.
- Six 3-hour group sessions diving into the 8 Dimensions of Leadership.
- Six hours of 1-1 coaching for personal applications and problem-solving

Personalized Tools and Supporting Materials:

- 21-Page Insights Discovery Personal Profile identifying the leader's behavioral preferences, strengths and weaknesses, potential blind spots, and communication and management styles.
- Insights Discovery Transformational Leadership Profile Add-on exploring the leader's strengths, challenges, and probes for each dimension of leadership
- Manuals and job aids to use on the job



**COST PER PERSON: \$2,800**

[CLICK HERE TO SEE MONTH-TO-MONTH PROGRAM OUTLINE](#)