



British Training

**Leadership Excellence Self-Awareness, Skills, and Strategies for
Transformational Leaders Training Course**

#LD9756

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Introduction:

The landscape, effective leadership is more critical than ever. The British Training Center is proud to present this comprehensive training course designed to equip leaders with the tools they need to thrive. This program focuses on developing self-awareness, honing essential leadership skills, and implementing strategies that drive success. Whether you are an emerging leader or a seasoned professional, this course will provide you with the insights and techniques to elevate your leadership capabilities and make a lasting impact in your organization.

Training Objectives and Impact:

By the end of this program, participants will be able to:

- Understand the importance of self-awareness in leadership and its impact on decision-making.
- Develop emotional intelligence to build stronger relationships and foster collaboration.
- Master effective communication techniques to inspire and motivate teams.
- Identify personal leadership styles and adapt them to different situations.
- Implement strategies for conflict resolution and problem-solving in high-pressure environments.
- Create a personal leadership development plan to achieve long-term growth.
- Leverage feedback and self-reflection to continuously improve leadership effectiveness.

Targeted Competencies and Skills:

- Self-awareness and emotional intelligence.
- Strategic thinking and decision-making.
- Effective communication and active listening.
- Conflict resolution and negotiation.
- Team motivation and empowerment.
- Adaptability and resilience in leadership.

Target Audience:

This program is tailored for:

- Emerging leaders seeking to build a strong foundation in leadership.
- Mid-level managers aiming to enhance their leadership skills.
- Senior executives looking to refine their strategic leadership approach.
- Professionals transitioning into leadership roles.
- Team leaders and project managers responsible for guiding diverse teams.

Course Content:

Unit One - The Foundations of Leadership and Self-Awareness:

- Defining leadership and its core principles.
- The role of self-awareness in effective leadership.
- Understanding emotional intelligence and its impact on leadership.
- Identifying personal strengths and areas for development.
- The connection between self-awareness and decision-making.
- Tools for self-assessment and reflection.

Unit Two - Emotional Intelligence and Relationship Building:

- The five components of emotional intelligence.
- Building trust and rapport with team members.
- Techniques for empathetic communication.
- Managing emotions in high-stress situations.
- Strengthening team dynamics through emotional intelligence.
- Case studies on emotional intelligence in leadership.

Unit Three - Communication and Influence:

- The art of persuasive communication.
- Active listening and its role in leadership.
- Delivering constructive feedback effectively.
- Tailoring communication styles to different audiences.
- Overcoming communication barriers in diverse teams.
- Using storytelling to inspire and influence others.

Unit Four - Leadership Styles and Adaptability:

- Exploring various leadership styles (e.g., transformational, transactional, servant leadership).
- Adapting leadership styles to different situations and team needs.
- Balancing authority and approachability as a leader.
- The role of cultural intelligence in global leadership.
- Case studies on successful leadership adaptability.
- Developing a flexible leadership approach.

Unit Five - Strategic Leadership and Continuous Growth:

- Creating a vision and aligning it with organizational goals.
- Strategies for effective decision-making under pressure.
- Building resilience and managing setbacks as a leader.
- Designing a personal leadership development plan.
- Leveraging mentorship and coaching for growth.
- Measuring leadership success and continuous improvement.