

## Becoming a More Conscious Leader

# Drive Individual and Organizational Growth through Your Leadership



**Be the leader you wish you had.**

Your job is to grow your business, while helping others succeed beyond what they think is possible. To do so, you'll need to gain greater visibility about how you lead.

**Who**  
Benefits?

Business leaders looking to improve their leadership skills and impact.

**What**  
Is It?

A series of thought-provoking and skill-building workshops, peer group sessions, and an accountability partner that all help you to become more conscious of how you lead.

**Why**  
Invest?

Move beyond your natural tendencies so you can thrive throughout your life and business- with more energy, creativity, productivity, and satisfaction.

## Learn More and Register for Becoming a More Conscious Leader

[www.aileron.org/services/grow-people/becoming-a-more-conscious-leader/](http://www.aileron.org/services/grow-people/becoming-a-more-conscious-leader/)

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## What's Included?

### Workshops

One 6 hour workshop a quarter to build your leadership skills in the following areas:

- **Explore Conscious Leadership** – Increase your self-awareness and learn how to consciously choose how to show up as a leader.
- **Leading Powerful Conversations** – Learn communication skills to empower others and get the results you want.
- **Leading with Your Best Self** – Understand yourself and what's holding you back to lead more effectively.
- **Learning to Work through Others** – Increase engagement and maximize your impact by developing skills to influence others more intentionally.
- **Leading with Values** – Learn to overcome the fear of failure and conflicts in priority by aligning your values and actions to flourish.
- **Improve Decision Making** – Make better decisions faster by arming yourself with the tools to choose and respond wisely.
- **Maximize Team Performance** – Learn to build strong teams around you to help your organization thrive.
- **Capstone** – Connect how your leadership skills and investment will return greater results and impact for your life.

### Accountability Partners

Connect one-on-one, on your own timing, with a peer who can help hold you accountable for practicing what you're learning, and support you through changes you decide to make.

### Energy Leadership Index Assessment

You'll take the ELI Assessment before your first and last workshops to help you reflect on how you show up as a leader. It'll show you how much engagement and energy you have, and how you react under stress. The ELI Assessment also helps to measure your current level of consciousness as a leader.

### Peer Groups

Dive deeper with a small group of 8-10 peers virtually for 90 minutes between workshops to learn from each other's experience as you apply what you are learning in your organizations and lives. Some virtual sessions are facilitated by Aileron to keep going deeper with what you've learned already.

### MyAileron

Log in to access all the tools you gained in the workshops and to ask questions of your peers in a discussion forum. You can access and ask questions at any time and not have to wait for face to face time!

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