

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/becoming-a-more-conscious-leader/

Notice of Nondiscriminatory Policy

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What's Included?

Workshops

Eight 6 hour workshops will 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.
- **Understanding Your Influence on Culture** – Raise your consciousness around how- and why- you act and react the way you do, and how you can be more intentional about adding to your team and organization's culture.
- **Advance Your Decision Making** – Evolve your decision-making process so you can consistently make more intentional decisions, even when faced with uncertainty, conflicting demands, or cultural challenges.
- **Maximize Team Performance** – Learn to build strong teams around you to help your organization thrive.
- **Launch** – 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.

Leadership Coaching

Four individual sessions with a Certified Professional Leadership Coach who can help you implement what you're learning to reach your desired outcomes.

Energy Leadership Index Assessment

You'll take the ELI Assessment 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.

Virtual 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.

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