



# Becoming a More Conscious Leader

## Experience Map

An intentional cadence of workshops, peer groups, and leadership coaching sessions span this 12-month program, giving you time to fully integrate everything you learn in this transformative experience.

### Workshop

Immersive facilitator-led learning experiences that focus on specific leadership themes

*Full day — In person*

### Peer Group

Facilitator-led time with your cohort to continue learning between workshops and process what you've been applying

*90 minutes — Virtual*

### Leadership Coaching

One-on-one judgment-free time with a Leadership Coach to process what you're learning and focus on your development

*\*These four sessions can be scheduled anytime during the 12-month program.*

*45 minutes — Virtual*

### Accountability Partnership

One-on-one time with your accountability partner — a cohort peer — throughout the life of the program

*As needed — Virtual*



Accountability Partner Meetings



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## Workshop Cadence

Throughout the program, you and your cohort will learn through six workshops, each focusing on a specific conscious leadership theme.

### Workshop 1

#### Explore Conscious Leadership

Learn foundational leadership concepts to improve your self-awareness, help people do their best work, and get better results.

- Tackle interpersonal dysfunction
- Reduce blame and finger-pointing
- Improve how you show up at work and home

### Workshop 2

#### Leading Powerful Conversations

Learn five practical and powerful tools for navigating significant or challenging conversations and building stronger relationships.

- Lead more productive conversations
- Nurture trust in your relationships
- Get the most out of others

### Workshop 3

#### Leading with Authenticity

Reconnect with yourself, experience more meaning in your work, and elevate your personal and professional satisfaction.

- Rediscover the “why” behind your work
- Explore your personal values
- Leverage your values to lead with intention

### Workshop 4

#### Overcoming Leadership Blockers

Understand and overcome the personal, internal challenges that are holding you back from leading to your fullest potential.

- Expose your blind spots
- Challenge negative thought patterns
- Get out of your own way

### Workshop 5

#### Learning to Work Through Others

Develop your self-awareness and social awareness and learn tools for better managing yourself and your relationships to get the most out of yourself and others.

- Grow your emotional intelligence
- Learn to regulate your emotions
- Use empathy and influence to drive results

### Workshop 6

#### Launching Conscious Leadership

Review and practice the skills you’ve learned throughout the program through a collection of common yet complex real-world scenarios.

- Activate your skills
- Assess where you have room to grow
- Leave the program feeling confident