

# High Impact Leadership

## Programme Overview:



Contemporary leadership is complex and multi-faceted and the need for clear, confident leadership is even greater in the times we live in at the moment. High impact leadership is all about maximising performance. Your performance as a leader and the performance of those you lead. People who attend this course will enhance their own individual skills as a leader – building on what they do well and developing their own unique and authentic style. This course is not about learning the one right way to lead but about learning to lead the very best that you can.

This is a highly practical and interactive course, which gets people making real changes to the way they do things. It is tailored to meet the specific needs of the participants. The course is designed to allow participants to practice their new skills in a learning environment and to apply the knowledge and ideas to their own specific situation.

## Duration:

3 days – Delivered 1 day a month for 3 months

## Next Dates:

Please call for dates.

## Objectives:

The course aims to enhance each individual's leadership capability through self awareness and self insight, developing key leadership skills and identifying and cultivating each individual's unique and authentic leadership style.

## Content:

- Effective leadership
- Emotionally intelligent leadership (including completion of Online EI Questionnaire).
- Personal influence and impact
- Assertive leadership
- Coaching for performance
- Resilient leadership
- The leadership mindset
- Being 'Mind Fit' and achieving your potential
- Action planning for change

## Process:

The workshop is highly interactive with a strong focus on applying the learning back in the workplace. It includes the following:

- Participant workbooks with underpinning knowledge and exercises
- Trainer input and discussion, practice or application
- Self assessment exercises
- Learning videos
- Self reflection
- Practical, real-world individual and group exercises
- Transfer of learning exercises
- Learning journal

**Benefits/Outcomes:**

On completion of the course participants will:

- Understand what makes an effective leader in current times
- Understand Emotional Intelligence and how it applies to them as a leader
- Know how to leverage their Emotional Intelligence to maximise their performance
- Have increased their personal influence and impact
- Be able to lead confidently and assertively in times of change, conflict and uncertainty
- Know how to coach others for performance
- Have increased their own skills through coaching
- Be resilient in tough times
- Feel calm and relaxed under pressure
- Be able to think and act like a true leader
- Feel more confident and optimistic
- Be able to manage life and work demands
- Bounce back from setbacks
- Know how to get “in the zone”
- Have a plan for achieving change and success

**Facilitator:**

Dr. Jill Walker PhD, MSc, BA, ADHP, C Psychol, ADHP, Master Trainer.

Dr. Jill Walker is a business psychologist with almost 20 years experience. She has provided personal development and leadership training, business coaching and facilitation both in Ireland and internationally for the past 10 years. She is a lecturer on the Trinity MBA and associate faculty at the Irish Management Institute (IMI). A passionate believer in positive psychology, her forte is applying psychological research in a practical way to the world of business. A regular contributor to radio and TV, Jill has worked for organisations such as Google, Coca Cola, O2 and the Irish Defence Forces.

**Cost Per Person:**

Cost per person to attend this programme is €995.

Group Booking Discounts Available.

Programme can be tailored to be run as a company specific programme also.

**Book Your Place:**

To reserve a place / places on this programme please contact:

Claire Gallagher, SureSkills @ 01 240 22 83 / [Claire.Gallagher@SureSkills.com](mailto:Claire.Gallagher@SureSkills.com)

