



9 day open program
Emotional Leadership I.

Lead Yourself

**Shine
Leadership**

Lead Yourself: Learn how to be happy inside – only then will you be able to achieve great results outside.

For dates, prices, registration, organizational information and terms and condition go to:
ShineLeadership.cz

Location

Shine Group Training Centre Prague,
Vítězné nám. 2, Praha – Dejvice

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Why chose this program?

The most effective way to transform one's learned unwanted habits and thinking patterns is through **conscious holistic leadership**. The inside-out approach guarantees a lasting positive change. Thanks to this approach, you will be able to change your habits that have, for decades, prevented you from unleashing your true potential in your services.

To develop and form one's personality means to be aware of oneself in every situation. Conscious Leadership of the mind and emotions enables us to find more effective and enjoyable ways to do what leads us to positive results.

"We can only control what we are aware of."

This course brings a fundamental positive shift in leaders' behavior for managing personal stressful situations.

Who is it for?

- This complex training program is designed for business owners, top managers, managers, specialists and all those who want to develop their leadership skills.
- Suitable also for team leaders, who, with their new human approach, will become leaders that actively support the growth and development of their team.
- Emotional Leadership is also suitable in need of "climate" change in teams and companies. To increase mutual trust, remove blocks in cooperation and unleash individual potential for the benefit of the whole.

Program objectives

To invoke a major positive shift in leaders in managing personal stressful situations through conscious leadership of their thoughts and emotions, in order to learn to better lead and influence thinking and emotions within their teams.

WHO IS A LEADER?

- A leader is someone who gives energy, motivates and is goal-oriented.
- A leader is someone who leads and sets the direction.
- A leader is someone with personality with charisma.
- A leader is constantly learning and deepening his/her qualities.
- A leader is a creator of a learning environment

Modules Content



Emanuel Byrtus
lecturer

1. Personality styles of leadership according to the Enneagram (2 days)

Understanding the map of leadership styles and structure of one's personality. The ability of self-mapping as a tool for self-guidance. Discovering the strengths of one's own leadership style. I know my personal motivation and I learn how to work with it. Finding out the specific objectives for developing potential in oneself and others.

Benefits:

I know who I am and I know how to:

- develop myself,
- work on my qualities,
- develop my colleagues,
- improve the quality of my thoughts,
- use and encourage the potential of people in my team.

We recommend optional coaching sessions between modules: support for desirable changes and application of the gained knowledge.



Robert Sättler
guest speaker

2. Leadership and management of emotions and energy (2 days)

Emotions = Energy. Goal orientation. Based on the knowledge of one's personal leadership style, we will work with emotional reactivity, managing typical personality conflicts, and unblocking personal brakes on goal orientation. Values and the ethical framework of leadership – consistency and personal integrity.

Benefits:

- I can better manage my emotions, energy and motivation.
- I have clear boundaries of emotional responsibility and increased personal influence.
- I decide how I feel and thus affect the emotional climate of a team.
- Only those who burn can start a fire.

We recommend optional coaching sessions between modules: support for desirable changes and application of the gained knowledge.



Marian Jelínek
guest speaker

3. Leadership of a creative mind and personality maturation (2 days)

The brain and its creative potential. Changing personal paradigms in personal and people leadership. The principles of freeing the mind from threats to growth and productivity. Values and personal integrity.

Benefits:

- Revision of one's personal room for self-development.
- Transformation of thinking – from threats to growth.
- Increased empathy for needs – for better collaboration and productivity.
- Clarifying personal values and their implementation at work and in life.
- Personality maturation and boundaries of personal responsibility and competence in practice.

We recommend optional coaching sessions between modules: support for desirable changes and application of the gained knowledge.



Roman Pihan
guest speaker

4. Leader's charisma and overcoming limits (2 days)

Coping with typical stressful situations. Training and development of authentic self-expression. Training on overcoming limits – case situations, working with a personal story. Room for improvement and systematic development of desirable qualities at work and in life.

Benefits:

- I know how to systematically improve the quality of my leadership – charisma of a leader.
- I know my greatest personal limits.
- I know how to work on overcoming them in my life. I create new habits in a holistic manner on the level of thinking, emotional behavior and experiencing.

We recommend optional coaching sessions between modules: support for desirable changes and application of the gained knowledge.



Šárka Pojerová
Manager
and program guide

5. The vision of a leader (1 day)

A vision is the key to potential. Supporting personal conditions for individual development towards mastery. Initiation and the concept of a positive personal change. Personal presentation – a leader's personal vision – motivation and a clear direction of the development of quality of life in accordance to personal values.

Benefits:

- Answers to questions: Where do I come from? How far have I made it in the emotional leadership and how do I use it on my way towards personal vision?
- A clear personal vision and a personal commitment.
- A personal statement supported by visualization and feeling the experience in the heart and the body.
- Meeting the criteria for obtaining a certificate: difficulty, credibility, motivation and personal growth.

Presentation, group interaction, emotional and stressful games, personal talks, team and individual projects, emotional expression training, receiving and training feedback, self-reflection, coaching, methodical support between modules.

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