



5 day open program + coaching **Emotional Leadership II.** **R-evolution Continuous**

Lead Yourself.

**Shine
Leadership.**

What if you made your dream of yourself: of your happiness and success, come true? Lead Yourself!

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

Location
Training Centre Hradčanská
Milady Horákové 116/109B
160 00 Praha 6

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Managing Director
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Why choose this program?

- You will get a strong impulse, methodical leadership and long-term motivation with the support of a coach and the group for essential steps towards personal transformation.
- Gain the ability to set motivational goals.
- Learn the basic coaching techniques and become a systematic guide – for yourself and others.
- Gain and follow a strategy tracking system and learn from specific situations in meeting your goals.
- Understand how to transform limiting habits and how to move towards increased personal maturity.
- Unleash your potential of your natural personality strengths.
- Learn how to use emotional energy to achieve goals and better collaboration. You will become conscious creators of your happiness.
- Achieve specific and measurable goals of your personal development in order to significantly enhance the quality of your life.
- Increase your orientation in neuro-leadership, psychology and human biology – this knowledge will help you develop your potential and lead to achieving results and better collaboration.

Who is it for?

This program is only for attendees of Emotional Leadership II, who want to go further in their development, are determined to put their energy and time into consistent steps to develop their natural potential. We look forward to all those who have already begun their journey with us and want to go further and deeper – and thus live a happy, prosperous, dream life.

Content

1x individual coaching (with a coach) - 2 hours
1x two-day group training - 16 hours
2x one-day group training - 16 hours
8x individual coaching of participants – each participant will be a coach for 12 hours and will be coached for 12 hours
2x support and guidance via teleconferences – 6 hour group teleconference
1x final group workshop – 8 hours of group support

This development sandwich program is built on the **combination of individual leadership work and the use of group dynamics and its support**. It transfers part of the responsibility for development support to the participants. They gradually acquire skills to become a quality guide for achieving personal goals and objectives.

QR code – a fast way to reach us

1. Turn on your camera app and aim it at the QR code. If a link to our website appears, click on it and it will take you straight to us.

2. If you own an older smartphone, just download one of the many available free apps for reading/ scanning QR codes, and use it.



Shine Leadership s.r.o.

Office and Training Centre Hradčanská: Milady Horákové 116/109 B, 160 00 Praha 6
Main Office: Suchbátská 1273/3, 165 00 Praha

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Modules Content



Emanuel Byrtus
lecturer



Šárka Pojerová
*Manager
and program guide*

1. Initial individual coaching session (1.5 hours)

The participant will define and set out specific and measurable targets for the entire program, while respecting their needs and utilizing the natural potential of their personality.

Benefit:

I know exactly what I need to achieve for a higher quality of my life and leadership.

2. Path of transformation (2 days)

Experiential awareness of one's personal vision and deep understanding of personal strengths and personal limits. Training of the basic coaching tools for the path towards goals and setting a clear path towards goals.

Benefit:

I know exactly what I want to transform, and I know exactly how I can get it. I know the basic tools for my path.

3. Emotional alchemy (1 day)

A training that focuses on the transformation of blocked and negative emotions into useful energy. Experiential development of empathy and the "language of the heart".

Benefit:

I know how to transform the stimuli of everyday life into emotional states that bring enough energy for adequate creative action.

4. Creativity of the mind (1 day)

We will train together the discipline of the mind and learn techniques of mind work. We will focus our attention on acquiring such techniques that will become our daily everyday life support for our success and happiness.

Benefit:

I know how to transform the stimuli of everyday life into emotional states that bring enough energy for adequate creative action.

5. I am a conscious leader (1 day)

A final workshop in which leaders will teach leaders. A workshop loaded with personal sharing from the path of a conscious leader. Personal presentation.

Benefit:

I have concrete tips for strengthening my personal development in the future and I know how to transform ideas into specific steps on my path.

Participants' individual coaching (2x12 hours)

Coaching is not a technique, it is an approach to life. This approach enhances your personal responsibility, influence and self-confidence. It supports the creativity of your mind and the minds around you. It leads to increased awareness and focuses on setting up specific actions and then learning from them on the path to goals. This approach is acquired during the introductory workshop and the participants' 12 and 12 coaching hours - 12 hours of coaching and 12 hours of being coached. In order to provide support, there will be two teleconferences.

Benefit:

I have tools and I know how to use them for better collaboration and tracking my path to goals that fulfill my vision.

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