Leading Self
Workshop information

Help your leaders build the self-awareness to lead with confidence and authenticity

As leadership responsibilities grow, people need to understand their own impact as well as the work they lead. This workshop helps leaders strengthen self-awareness and make more intentional choices about how they show up.

Why leading self matters

Self-leadership is the cornerstone of effective leadership. Leaders who truly understand themselves can:

- Build trust and credibility by leading authentically.
- Respond to challenges with clarity and emotional balance.
- Create a positive impact on their teams through thoughtful action.

As Daniel Goleman said, *"If you are tuned out of your own emotions, you will be poor at reading them in other people."*

Workshop features for maximum impact

1. **Self-reflection and discovery**
   Engage in activities that help participants identify their strengths, blind spots, and leadership styles.
2. **Practical resilience building**
   Learn techniques to maintain focus and emotional balance, even in high-pressure situations.
3. **Prepare, practise, perfect**
   Includes pre-work (self-assessment tools and reflective exercises) and post-workshop materials to support ongoing growth.
4. **Customised for individual growth**
   A pre-session consultation ensures the workshop aligns with the unique needs and challenges of participants.

Who is this workshop for?

This workshop is ideal for leaders at any level who want to enhance their self-awareness and build a strong foundation for personal and professional growth. It's particularly beneficial for those transitioning into new leadership roles or seeking to refine their leadership presence.

Why choose practive8?

- **Proven expertise:** Trusted by organisations across sectors to develop authentic, impactful leaders.
- **Practical and engaging:** Our workshops provide actionable tools and real-world applications.
- **Skilled facilitators:** Facilitators ensure a dynamic and supportive learning environment.

Start your workshop enquiry

Interested in this workshop for your team? Tell us about your organisation, the people you want to develop and the leadership challenge you are trying to address.

Pricing information

We offer two flexible options to suit your team:

- Small Cohort (8–11 participants): **£3,600** per session
- Large Cohort (12–16 participants): **£4,100** per session

If you're booking multiple workshops, we offer discounted rates. Start your workshop enquiry and we'll provide a pricing plan that works for you.

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