

# Leading Self

## Workshop information



## Build authenticity and self-awareness to lead with confidence

Leadership starts with understanding yourself. The ability to lead others effectively begins with self-awareness, authenticity, and the ability to reflect on your own impact.

This three-hour workshop provides leaders with tools to enhance their self-awareness, build resilience, and lead with authenticity. Part of the **Grounding** and **Thriving** practices of the **practive8** model, this session helps participants strengthen their personal leadership foundation and unlock their potential.

### 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.

### Take the next step

Contact us to book your session and give your leaders the tools to lead themselves with confidence and authenticity.

### 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. Get in touch, and we’ll provide a pricing plan that works for you.