

Conscious Leader Program Architecture - Small Group/Individual Coaching

Bite size learning + coaching sessions

Apply learning in the workplace

SESSION 1 Optimal Brain Performance

- Program overview
- Understanding the brain
- Optimal brain performance
- Unconscious Bias
- The impact of distractions on performance
- The brain under stress

February
10–11.30 am
Group Session
Zoom

ACTIVITIES

- Selfcare cognitive function tracker
- The Iceberg Model
- Managing Distractions Workbook
- Brain Hormones Workbook

SESSION 2 Leading Self

- Self-awareness
- The impact of emotions
- Emotional Intelligence
- The Iceberg Model recognising performance.
- Self-reflective practices
- The impact of distractions on

March
10–11.30 am
Zoom
Session Zoom

ACTIVITIES

- Self-awareness Workbook
- Self-reflective practices
- Weekly journal

SESSION 3 Leading Self

- HBDI – Debrief
- Self-awareness survey feedback

April
10–11.10 am
Individual
Coaching

ACTIVITIES

- Development opportunities
- Weekly journal

SESSION 4 Communication and Influence

- Communication using the HBDI
- Communication to build connection.
- Thinking modalities

May
10–11.30 am
Zoom
Session Zoom

ACTIVITIES

- Communication using the HBDI
- Weekly journal

SESSION 5 Communication and Influence

- Self-directed practices
- Intention setting
- Applying learning to the workplace

May
10–11.00 am
Individual
coaching

ACTIVITIES

- Setting Intentions Worksheet
- Weekly journal

SESSION 6 Leading Others

- Motivation and influence
- Activating the reward system
- Four basic needs.

June
10–11.30 am
Zoom
Session Zoom

ACTIVITIES

- Leading Others Workbook
- Setting Intentions Worksheet
- Weekly journal

SESSION 7 Leading Others

- SCARF Model
- Coaching questions.
- Applying learning to the workplace

August
10–11.30 am
Zoom
Session Zoom

ACTIVITIES

- SCARF Model Workbook
- Setting Intentions Worksheet
- Weekly journal

RESOURCE PAGE

- Intention Setting Worksheet sessions. 5 – 7.
- Journal Template
- Selfcare cognitive function tracker
- Coaching questions

Finalise
Program

Setting
Intentions
Worksheet