



Leadership Development: Self-Awareness, Skills, and Strategies Workshop

14 – 18 December 2026
Brussels (Belgium)



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Introduction:

The best leaders thoroughly understand themselves. Time and time again, research has shown that self-awareness and self-direction are essential factors in leadership effectiveness as leaders gain a better sense of themselves and a clearer plan for self-actualization.

Participants in the self-awareness in leadership development skills and strategies workshop come from diverse professional backgrounds, including seasoned executives and emerging leaders eager to enhance their effectiveness. They aim to hone their self-awareness and become more impactful leaders.

Throughout the self-awareness in leadership development skills and strategies workshop, attendees engage in introspective exercises, interactive discussions, and practical skill-building activities designed to deepen their understanding of their leadership styles, strengths, and areas for growth.

Facilitated by experienced coaches and experts in leadership development, the self-awareness in leadership development skills and strategies workshop provides a supportive environment for participants to explore their leadership journey, gain valuable insights, and develop actionable strategies for continuous improvement.

By investing in self-awareness, participants in this self-awareness in leadership development skills and strategies training are empowered to cultivate authentic leadership presence, foster stronger relationships, and drive positive change within their organizations and communities.

The Importance of Self-Awareness in Leadership:

Understanding self-awareness in leadership is paramount as it forms the bedrock of a leader's ability to guide effectively. Leaders who exhibit high levels of self-awareness understand their strengths and weaknesses and are adept at recognizing their team's emotions and dynamics.

Self-awareness leadership training focuses on empowering leaders with the insights and tools necessary to navigate the complexities of organizational management, fostering environments of empowerment and effectiveness.

Throughout this self-awareness in leadership development skills and strategies workshop, participants will engage in self-awareness leadership to refine their understanding and application of this crucial leadership skill.

Targeted Groups:

- Managers across all managerial levels.
- Supervisors and Team Leaders.
- Human resource professionals.
- Individuals interested in leadership development.

Workshop Objectives:

Participants of this self-awareness in leadership development skills and strategies workshop will be able to:

- View leadership from a new and higher-level perspective.
- Discover and analyze their leadership style and tendencies.
- Grow in personal power and effectiveness.
- Discover and build upon their intrinsic leadership qualities.
- Understand, develop, and employ the emotional forces within them.
- Develop the critical interpersonal skills essential for leading others.
- Discover the "inner" leader as a source of growth.
- Tap into their extensive hidden personal power.
- Take team development to new levels of achievement.
- Lead through excellent communication skills.
- Understand and relate to people within the organization.
- Avoid many of the difficult people and HR problems that plague many organizations.
- Possessing skills is now considered to have a greater impact on organizational performance than traditional measures of intelligence, such as IQ.
- Promote increased employee cooperation, motivation, productivity, and profits.
- Understand themselves and their potential more clearly.
- Recognize their own emotions as well as the emotions of others.
- Resolve conflicts more effectively.
- Improve their ability to communicate, influence, and work with others.

Targeted Competencies:

Participants competencies of this self-awareness in leadership development skills and strategies workshop will be able to:

- Leadership skills.
- Team management.
- Performance management.
- Emotional intelligence.
- People skills.
- Communication skills.

Workshop Content:

Unit 1: Master Keys of Effective Leadership:

- The principles of leadership.
- The mind of the leader.
- The heart of the leader.
- The practices of effective leaders.
- The five roles leaders play.
- Leadership self-assessment.
- Rebalance your leadership style for optimal results.

Unit 2: Towards Emotional Self-Awareness:

- Grow your power.
- Achieve emotional excellence.
- Self-leadership through inner mastery.
- Success through a positive attitude.
- Learn about your time and your life in self-awareness.
- Increase personal productivity.
- Direction through personal integrity.
- Design a strategic plan for your life and career.

Unit 3: Mastering People Skills:

- Understanding Interdependence.
- Win through effective communication.
- The active listening model.
- The four styles of communication.
- Deal with conflict constructively.
- Use the principles of influence and persuasion.
- Speak and present skillfully.
- The art of win-win negotiation.

Unit 4: Building and Leading Extraordinary Teams:

- How does a high-performing team differ from a traditional workgroup?
- Understand the three elements of high-performance teams.
- Understand the four types of teams.
- The stages of team development.
- Team dynamics: How teams work.
- Understand and optimize team member styles.
- Lead through trust.
- Lead through change.

Unit 5: Performance Management:

- Ignite team creativity.
- The art of practical coaching.
- Conduct effective performance discussions.
- Positive discipline through expectations.
- Delegate and empower the right way.
- The situational leadership model.
- How to analyze development needs.
- Use effective tools for managing performance.