MERCURY

Communication & Interpersonal Skills: Leadership through Self-Mastery

21 – 25 December 2026
London (UK)



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Ref: 1115_333906 **Date:** 21 – 25 December 2026 **Location:** London (UK) **Fees:** 5800 Euro

Introduction

Self-mastery is not achieved by accident—it is a process that unfolds as we engage effectively with the events and circumstances of our lives. With each moment, we can practice self-mastery by broadening our perspectives, awakening our mental and emotional faculties, and taking full responsibility for living a life of growth and contribution.

As leaders master their emotions and develop advanced interpersonal communication skills, they enhance their ability to guide others and serve as inspirational figures.

This communication leadership mastery and interpersonal skills program is an introspective journey that will acquaint you with your cognitive processes, the nuances of your worldview, your impressions of others, and how you communicate.

By honing these skills from this communication leadership mastery and interpersonal skills course, you can become a leader who skillfully navigates the complexities of human dynamics and leads with conviction and empathy.

Targeted Groups

- Managers from all levels of management embody interpersonal skills training for managers essential for modern leadership.
- Supervisors who desire leadership through people skills.
- Team leaders are looking to bolster interpersonal skills development training.
- Staff members across various departments are interested in interpersonal skills courses.

Course Objectives

By the end of this communication leadership mastery and interpersonal skills course, participants will:

- Study effective management of thoughts, beliefs, focus, and actions.
- Understand the effect of values on actions.
- Build confidence, enthusiasm, and courage.
- Discover methods to improve interpersonal communication skills.
- Enhance personal leadership and communication skills.
- Analyze the public demeanor of a leader.
- Target valuable goals and communication leadership skills.
- Boost the capacity to attain success and the effectiveness of communication training for leaders.
- Improve the effectiveness of interpersonal communication skills training for leaders.
- Refine interpersonal leadership skills, translating into an effective leadership style.

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Targeted Competencies

- Leadership skills, including interpersonal skills and leadership.
- Personal integrity is a core component of interpersonal leadership.
- Communication skills are fundamental to improving leadership skills and communication.
- Influencing abilities is the crux of interpersonal skills training for employees.

Course Content

Unit 1: Self-Mastery, Reality, and Responsibility

- Commanding your cognitive processes.
- Understanding the importance of paradigms in achieving success.
- Delving into the emotional loop.
- Gaining empowerment by assuming responsibility.
- The significance of beliefs in shaping reality.
- Driving action through emotional intelligence.
- Directing focus with intention.
- Comprehending visual, auditory, and kinesthetic submodalities.

Unit 2: Vision and Integrity

- How do values shape your vision and purpose?
- Analyzing the impact of values on your vision.
- Understanding how your values impact your purpose.
- Designing your destiny with the power of vision.
- Creating a powerful vision.
- Operating with personal integrity.
- Achieving positive self-renewal.
- Building self-confidence.
- Harnessing the power of enthusiasm.
- Strengthening your courage.

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Unit 3: Advanced Communication Skills

- Intentional communication: a must-have for interpersonal communication skills training.
- Breaking away from counterproductive communication patterns.
- The communication cycle and its components.
- Crafting effective verbal exchanges.
- The interplay of verbal and nonverbal communication.
- Applying active listening skills.
- Navigating through communication challenges.
- Recognizing various communication styles: aggressive, passive, and assertive.

Unit 4: Leadership Communication and Interpersonal

- Understanding the importance of emotional intelligence.
- Developing self-awareness, motivation, empathy, and social skills.
- Moving to a new model of empowerment.
- Recognizing 21st-century leadership skills.
- Interpreting institutional and interactive leadership.
- Comprehending the difference between leadership and management.
- Utilizing effective situational leadership.
- Learning the 4 Es of leadership at GE: energy, excite, edge, and execute.
- Evaluating the leadership secrets of Jack Welch.
- Investigating theories of motivation.

Unit 5: The Public Face of the Mature Leader

- Mastering the art of presentation for leadership communication workshops.
- Influencing by promoting vision accomplishment.
- Use of logical reasoning in persuasion.
- Authentic people orientation is an influential tactic.
- Demonstrating personal power in communication channels.
- Overcomes obstacles and self-imposed limitations.
- Conducting and directing productive discussions and meetings.