



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

13 - 20 Apr 2025  
Manama (Bahrain)





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

**Ref.:** 8259\_246815 **Date:** 13 - 20 Apr 2025 **Location:** Manama (Bahrain) **Fees:** 3900 **Euro**

## 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.



**Registration form on the :  
Leadership Development: Self-Awareness, Skills, and Strategies Workshop**

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