

LEADERSHIP – LEVEL 1

Course title	Leadership - True Leaders
Number of days	5
Annotation	If you are a leader then you must lead with your heart and let your heart lead you. A true leader knows that. A true leader knows that his/her development never stops and so is working on him/herself all the time. This course is about leadership from within. We will go deep down into your personality, traits and skills to take the best out of them and create the best leader that you can possibly become. And not only that we will set new challenges and peaks to climb because it is a never ending process.
Suitable for:	Leaders, managers, entrepreneurs, every professional
Learning topics	
Psychology	Introduction Leader's Personality Self-awareness Meaning of self-confidence Leader's Vision Setting up goals Keeping up with goals Exercises
Problems and Tragedies	Hard days Hard Times Difficulties in life Difficulties in Job External changes, pressures and circumstances Tolerance and response to changes and uncertainty Coping with criticism Exercises
Positive thinking	Love Motivation Positive thinking Power of thinking How do I perceive my emotions Coping with success Coping with failure Exercises
Judgement	How do I judge myself How do I judge others Empathy How do I judge different situations

	Self-command Self-control Exercises
Negative emotions	Lying Fear Uncertainty Arrogance Pride Unreliability Sadness Sloth Pessimism And more... Exercises
Power from within	Vigour Responsibility Concentration Tolerance Perseverance Credibility Self-confidence Diligence (+/-) Reliability Effects of smiling And more... Exercises
Discussion, summary, conclusion	
Connected trainings:	Leadership - Work with People Leadership - Lead Your Field