

Conscious Leadership

Integrating Neuroscience and Emotional Intelligence



Our Facilitator

Lauren Davis

Lauren completed her Masters in Clinical Psychology at Stellenbosch University. She has extensive experience in leadership development; coaching; facilitation; career management and development; talent analysis and management; strategy facilitation, creating a values driven organisation, psychometric assessments; employee engagement; corporate culture and values; designing and implementing internal mentoring programmes, team effectiveness and organisational development.

Lauren believes that her clinical psychology background brings added value to the corporate world where her knowledge and continuous study of human behaviour enables her to provide insight into unleashing their passion, fulfilling their potential and optimising their performance.

Accredited Practitioner in the following:

- Flawless Consulting Facilitator
- Cognitive Process Profile
- EQ-I
- 15FQ+
- Discovery Insights
- Hogan Assessment Suite
- Leadership Versatility Index
- Myers-Briggs Type Indicator
- Registered with the Health Professions Council

Becoming a Conscious Leader requires high intentionality and continual practice

This transformational learning journey equips participants to improve their leadership style through a focus on enhancing **emotional intelligence** and an experiential understanding of the brain. It combines the latest leadership and neuroscience theory with experiential insight into human behaviour enabling participants to **deepen their leadership practice**.

The programme integrates academic input, experiential learning and practical application.

Participants will leave this experience with a deeper understanding of how our brains respond when we interact with others and how this knowledge can be applied to unleash potential, enhance engagement and optimise performance of the people they lead.

Outcomes

This interactive, practical learning journey will help leaders to:

- Develop deeper self-awareness of impact of behaviour on others
- Understand the importance of emotional intelligence in leadership
- Understand and apply brain-based leadership to enhance engagement and maximise performance
- Apply skills learned to deepen leadership practice



Designed for you...

This workshop is aimed at **anyone in a leadership position** who is motivated to enhance their ability to build effective relationships, create a culture of cohesion and collaboration and to improve employee engagement.

This workshop includes

- Pre-workshop 1:1 telephone conversation with the facilitator in order to enable customisation of content to the attending participants expectations and level of experience
- EQ2.0 assessment + comprehensive feedback report
- 2 days of face to face facilitation followed by a ½ day facilitated follow up session
- 2 individual 1 hour coaching sessions

In essence, this is a personal reflective journey into self that will have impact beyond the workplace. Participants embark on a **4-6 month learning journey** together which further enhances the integration of learning and support provided. The programme is designed as a group learning process where individual expertise is drawn upon and incorporated into the learning. The individual coaching sessions in between the workshop days further propels the integration of learning and provides space for deeper personal reflection and growth.



For more information:

In-house workshops

Our recommendation is that this world-class intervention should be run as part of your in-house management development curriculum, at a venue and on a date that is convenient for you!

For more information about this cost-effective option, please contact **Kym** on **082 453 9393** or at **kym@symphonia.net**

www.symphonia.net

