Positive Leadership in a remote setting

Modules – the detailed description - benefits

1 MODUL - How do I lead, including online in crisis times?

In this module participants will learn to apply the core embodied leadership capabilities that will allow them to increase their leadership presence and impact through deeper self awareness and regulation, awareness of others and ability to influence them, enhancing their leadership success.

This module will introduce Positive Psychology and Positive Leadership and give an experience of the personal traits and skills of a positive leader. Pratical examples in terms of application in a corporate and online setting will be provided through the Microsoft 3 pillars of Leadership, MODEL, COACH, CARE.

Participants will learn how to develop greater embodied intelligence (self-awareness, self-management, other awareness, other influence) increasing their impact at work with all colleagues.

Participants will learn resilience to stress via embodied self management using techniques from martial arts, allowing them to better perform, lead and by improving their relationships, maintain team spirit.

2 MODUL - How do I maintain my team culture and spirit on and offline?

In this module participants will learn best practice and applicable techniques to ensure their team culture and spirit remain strong whether on or offline, ensuring better communication, relationships and performance.

In this module participants will develop a practical understanding of positive psychology models such as PERMA that underline team culture and spirit and how to leverage them.

Participants will learn how to maintain and strengthen connection and relationship online to ensure smoother cooperation in their teams.

Participants will learn how to manage emotions, develop strengths and increase well-being in their teams improving both team performance and atmosphere.

Participants will learn the importance of social self-regulation and examples of best practice processes for maintaining team culture and spirit.

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3 MODUL - How do I activate, motivate and support my people's performance on and offline?

In this module participants will learn how to motivate and support high performance in their team members for business success.

This module will examine the roots of high performance and how to motivate it.

Participants will understand how to develop and leverage Growth Mindset in their people, increasing both their motivation and performance.

Participants will learn and apply best practice in leadership, communication, coaching, and feedback online so as to better support their team's performance.

Participants will be aware of psychological core concerns and their impact on feedback and negotiation allowing smoother and more successful communication in those areas.

Participants will learn various practical techniques such as positive gossiping, strengths feedback, and strengths decision-making to support them in engaging people in their teams to express ideas / brainstorm.

4 MODUL - How can I keep my people creative and coping with transformation?

In this module participants will learn how to support their teams in dealing successfully with the rapid changes of current business, allowing them not only to cope with transformation but being creative and responsive to opportunities.

In this module participants will learn how to create a setting for creativity and how to manage the stress of change and transformation, helping them maintain team performance in difficult times.

Participants will learn a varitety of practical techniques to encourage creative thinking such as Appreciative Inquiry, Bright spots, Design thinking and energy management.

Participants will experience a positive psychology process allowing them to identify the sources of their positive leadership and habits to maintain it.

5 MODUL - How do I become the positive leader I can be?

In this module participants will create a clear and actionable roadmap to develop and strengthen the capabilities they need to support their leadership success.

In this closing module attention will be on participants future personal development.

Using the model of embodied personality and culture (4 Elements) we will identify actionable paths to improved leadership and personal development for participants to go forward with.

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