

DAY 1 – THE ART OF RELATING: START WITH YOUR *WHY*

- 08:30 - 09:10 Coffee & Networking
- 09:10 - 09:30 **Welcome & Introduction**
“Emotional Check-In”
- 09:30 - 10:45 **Why Emotional Intelligence Matters in the Age of Disruption**
Understanding EI as a strategic capability in complex, fast-changing environments.
- 10:45 - 11:00 **Morning Tea & Connection**
- 11:00 - 12:30 **Trait 1: Mindful - Know Yourself, Lead Better**
- The neuroscience of self-awareness
 - Strengthening presence through mindfulness simulation
 - Recognising emotional triggers and internal motivator
- Practical:** Reflection on personal emotional drivers and decision-making patterns
- 12:30 - 13:30 **Lunch & Networking**
- 13:30 - 14:30 **Trait 2: Empathetic - Leading People With Influence**
- Understanding how others feel and why it matters
 - Empathy in hybrid and cross-cultural teams
 - Using emotional awareness to strengthen collaboration and engagement
- Practical:**
- Team Dashboard Design
 - Lab The Listening Drill
- 14:30 - 15:30 **Trait 3: Resilient - Emotional Agility Under Pressure**
- From “Threat” to “Challenge”: The neuroscience of resilience
 - Resilience inventory, and mindset shift technique
 - Regulate stress responses during disruption and uncertainty
- Practical:** Stress Audit- identifying triggers and building adaptive responses
- 15:30 - 16:30 **Practical:** “ABCD Thriving Mechanism for Emotional Resilience”. Define triggers, disrupt unhelpful thoughts, and reframe adversity

DAY 2 - THE MAGNETIC LEADER: INFLUENCE, INSPIRE, AND LEAD

09:00 - 09:45 **Integrating Day 1 - insights, growth, and shared takeaways**

09:45 - 10:45 **Trait 4: Authentic -The Genuine & Trustworthy Leader**

- TRUST as your leadership currency
- Authenticity in modern leadership
- Your Leadership Mirror - behaviour vs. values alignment

Practical: Live communication challenge - test your emotional tone and trust signals

10:45 - 11:00 **Morning Tea & Networking**

11:00 - 12:00 **Trait 5: Creative - The Innovative Decision Maker**

- Mastering creative thinking under pressure
- Harnessing diversity and cognitive friction for innovation

Practical: Innovation Lab - solve a real leadership dilemma collaboratively

12:00 - 13:00 **Trait 6: Inspiring - Influence and Empower Others**

Inspiration as the transmission of belief
Elevate engagement and psychological safety through purpose

Practical: Pulse Check "How do people feel after interacting with me?"

Group Drill: Inspiration Map - visualising influence and energy

13:00 - 14:00 **Morning Tea & Networking**

14:00 - 16:30 **The Ideal Self Discovery**

- Design Your Ideal Self in 2030
- Identify personal gaps and strengths

Practical: Develop your Leadership Balance Sheet

16:30 - 17:00 **Leadership Integration Circle**

Reflective pledges and 30-Day Action Plan
We don't want learning. We want measurable change



"Great leaders don't just manage emotions- they master the energy of human connection."