

## Conscious Leadership: The New Leadership Imperative

Professional training programme



### SPARK TRAINING

Professional training courses for leaders, specialists, and organizations seeking practical capability development.

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## — Workshop Overview

The Conscious Leadership: The New Leadership Imperative training course is crafted to equip leaders with the vital skills and mindset needed to excel in today's fast-changing business world. This transformative course delves into the principles of conscious leadership, offering practical strategies to enhance your effectiveness as a leader. Through interactive sessions, engaging discussions, and experiential activities, participants will gain valuable insights into self-awareness, emotional intelligence, authentic communication, and creating inclusive environments.

### Why Attend

This course uses instructor-led sessions, guided discussion, and practical exercises built around Day One: Introduction to Conscious Leadership, Day Two: Building Authentic Relationships, Day Three: Cultivating Resilience and Adaptability, and day four: fostering inclusivity and diversity.

### Who Should Attend

This training program is ideal for leaders at all levels within organizations who are committed to enhancing their leadership skills and driving positive change. Whether you are a seasoned executive, a mid-level manager, or an emerging leader, this course will provide you with the tools and techniques needed to lead with greater

## — Learning Objectives

- Define conscious leadership and articulate its importance in today's business environment
- Develop greater self-awareness and emotional intelligence to enhance leadership effectiveness
- Build authentic relationships and empower others to achieve shared goals
- Communicate with clarity, empathy, and compassion to foster trust and collaboration
- Cultivate resilience and adaptability to navigate challenges and lead through change
- Align personal and organizational purpose to inspire and motivate teams
- Foster inclusivity and diversity to create a culture of belonging and innovation
- Make ethical decisions and lead with integrity in complex situations
- Lead change effectively and manage resistance to drive organizational success
- Develop an action plan for applying conscious leadership principles in daily leadership practices

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## Course Outline

DAY  
1

### Day One: Introduction to Conscious Leadership

- What is Conscious Leadership?
- Why is it important in today's business environment?
- Understanding Self-Awareness in Leadership
- Exploring the concept of self-awareness
- Techniques for developing self-awareness as a leader
- The Role of Emotional Intelligence
- Defining emotional intelligence (EI)
- Enhancing EI skills for effective leadership

DAY  
2

### Day Two: Building Authentic Relationships

- Importance of authentic relationships in leadership
- Strategies for building and maintaining authentic connections
- Empowering Others
- The significance of empowering team members
- Techniques for delegating effectively and fostering autonomy
- Communicating with Clarity and Compassion
- Importance of clear and compassionate communication
- Practicing active listening and empathetic communication

DAY  
3

### Day Three: Cultivating Resilience and Adaptability

- Understanding resilience and adaptability in leadership
- Strategies for cultivating resilience in oneself and others
- Leading with Purpose and Vision
- Defining organizational purpose and vision
- Aligning personal and organizational purpose for effective leadership

DAY  
4

### Day Four: Fostering Inclusivity and Diversity

- Understanding the importance of inclusivity and diversity in leadership
- Strategies for fostering an inclusive and diverse work environment
- Ethical Decision Making
- Exploring ethical dilemmas in leadership
- Frameworks for making ethical decisions in challenging situations

DAY  
5

## Day Five: Leading Change

- Understanding the dynamics of change in organizations
- Strategies for leading change effectively and managing resistance
- Integration and Action Planning
- Reflecting on key learnings from the training
- Developing an action plan for applying conscious leadership principles in daily leadership practices

## — Upcoming Classroom Dates

| DATE                  | LOCATION                | FEE    |
|-----------------------|-------------------------|--------|
| 12 - 16 October 2026  | Amsterdam - Netherlands | €2,125 |
| 19 - 23 October 2026  | Barcelona - Spain       | €1,925 |
| 2 - 6 November 2026   | London - United Kingdom | €2,100 |
| 9 - 13 November 2026  | London - United Kingdom | €2,100 |
| 14 - 18 December 2026 | Istanbul - Türkiye      | €1,425 |
| 21 - 25 December 2026 | Munich - Germany        | €1,725 |
| 18 - 22 January 2027  | Kuala Lumpur - Malaysia | €1,400 |
| 15 - 19 February 2027 | Barcelona - Spain       | €1,925 |

## — Certificate and Registration

Participants who attend and complete the full programme receive a SPARK Training Certificate of Completion. For registration, in-house delivery, or availability questions, contact [info@sparktraining.eu](mailto:info@sparktraining.eu) or +31 85 115 0004.