

# Leadership Skills and Techniques

**Duration:** 3 Days · **Training format:** Virtual Classroom / Online

## Description

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What are the essential traits and behaviors of leaders and how can they be honed throughout your career? Skills like engaging, motivating, coaching, and enhancing performance are integral to the success of all leaders. As the first step to seeking out opportunities for growth, you will learn about and assess your own leadership style. Through exercises and discussions, you will gain the skills and techniques to identify and address conflict areas before they escalate.

### Delegates will learn how to

- Discover your personal leadership style and values to identify opportunities for flexible leadership
- Analyze practices to build emotionally intelligent teams
- Apply strategies for engaging and motivating others to maximize team performance
- Explore techniques for enhancing the performance of individuals on your team
- Demonstrate coaching techniques to empower others
- Examine methods for supporting teams through challenging situations
- Model how leaders use conflict resolution techniques to manage groups
- Discover strategies for developing inclusive teams to foster an environment of creativity and innovation
- Examine the role ethical leadership plays in high-quality decision making

### Audience

This course is designed for managers, supervisors, team leaders, and individuals who want to develop high-performance leadership competencies.

## Outline

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### Leadership Style and Flexible Leadership

- Personal and Team Values
- Integrated Leadership and Management
- Personal Leadership Style
- Flexible Leadership

## **Emotional Intelligence and Mindful Leadership**

- Emotional Intelligence and Mindful Leadership
- Building Emotionally Intelligent Teams
- Challenging Automatic Assumptions

## **Engagement and Motivation**

- Engagement and Motivational Drivers
- Engagement, Motivation, and Identity
- Influencing Team Engagement and Motivation

## **Performance Management**

- Goals and Expectations
- Delegation
- Feedback

## **Coaching Skills**

- Leader as a Coach
- Coaching Techniques
- Empowering Conversations

## **Creating Adaptable and Resilient Teams**

- Adaptable and Resilient Teams
- The Importance of Adaptable and Resilient Teams
- Strategies for Adaptability and Resilience
- Advocating For Your Team

## **Managing Conflict**

- Conflict Resolution and Leadership
- Conflict Management Styles
- Strategies for Managing Conflict

## **Establishing Inclusive Teams**

- Leveraging Diversity and Inclusion to Foster Innovation
- Strategies for Building Inclusive and Innovative Teams

## **Ethical Leadership and High-Quality Decision Making**

- High-Quality Decision Making
- Ethical Decision Making
- Strategies for High-Quality Decision Making

## Prerequisites

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There are no prerequisites for this course.