



## a six-month online group coaching journey

Worldwide access: UTC / UTC+1 timezone.

### Programme Overview

In today's world, the pressure upon people in the workplace due to economic stress, staff shortages, inequ(al)ities and wider concerns – from the future of the planet to the cost of food – is tremendous.

### **How can the conscious leader learn to navigate their own inner challenges, their relationships and the multiple and complex systems they are a part of?**

Now more than ever the world needs wise, compassionate leaders – people who know and care for themselves as well as others; who understand the systems in which they operate; who are capable of building sustainable relationships to create change and achieve shared goals. People who listen as well as speak; are humble as well as courageous; focus on how objectives are met and what people experience – alongside 'getting things done'.

### **The Conscious Leader Group Coaching Programme is here to help.**

Conscious leaders do not just produce results: they aim to be present in everything they do. They commit to understanding their systems, including the context of structural inequality, and work to remove barriers to human potential. They work to build better relationships – both between people and between humans and the more-than-human world.