



The Compassionate Leader

What's this about?

Most leaders are conditioned to put business before benevolence – to lead with head, not heart. We convince ourselves we can't make space for compassion yet that's exactly what truly great leaders do make time for. They have the conviction, confidence and courage to cultivate connectivity and compassion.

This 1-day advanced EI clinic looks at the role compassion plays in a practical leadership context and how you can use it to instil more connectivity, empathy, mindfulness into your leadership mix through active self-reflection.

You'll learn how to...

- Energise, inspire & connect more carefully with those you lead
- Be even-minded & emotionally balanced in dealing with others
- Alert yourself to stress signals & work on ways to renew yourself
- Cope better with the stress of leading & combat toxic emotion
- Master mental exercises to cultivate a more compassionate, calm & connective approach to your leadership

What we cover...

- Compassion in a practical leadership context
- Unpacking the components of compassion
- Diagnosing dissonance – reinforcing resonance
- Foundations: understanding, empathy, & curiosity
- Mindfulness – why connective moments matter
- Even-mindedness – maintaining mental balance
- Mental practices to make room for compassion
- Leadership alert signals – stress, burn-out and wake up calls
- Using compassion to combat toxic emotions
- Hope, happiness and the health connection
- Role of compassion in relieving leader stress & renewal

Is this right for you?

This special 1-day master class delves deeper into EI practices covered in our 2-day program *Leading with Emotional Intelligence*. It's for anyone who already has some working knowledge of EI and are interested in taking the next step lift their EI leadership to the next level by mindfully cultivating connectivity and compassion: executives, councillors, clinicians, classroom teachers, principals, directors, administrators, public sector professionals, learning advisors, change agents, facilitators and trainers.



The popular perception of a powerful leader is someone who's tough, hard-nosed, ultra-rational and results-driven. Great leaders, though, know you have to connect with people if you want committed action, and connectivity is compassion in action. They inspire with purpose, hope, optimism and energy because they resonate, empathise and connect.

Compassion and connectivity are not only decisive factors in creating vibrant, healthy work relationships. They're also key to maintaining emotional balance, building up reserves of resilience, insulating yourself from the harmful effects of toxic emotions and relieving leader-stress to re-energise and renew.

Course Features...

- Practise powerful mental disciplines to invoke compassion and other healthy emotions
- Comes with a comprehensive 100-page self-coaching guide with 25 tools.
- Assess your leadership style in terms of empathy, compassion, resonance & dissonance
- Develop A compassionate leader cultivation plan and personal strategies to revitalise, restore and renew yourself

Course Details...

Duration: 1 day

Fees: \$495 per person – discounts available

Locations & Dates: See our 2013 Course Calendar attached and on-line

Advanced EI clinic to make space for a more compassionate approach in leadership, life and work