

FIT IN and go for our customised programs

Many organisations have their own leadership development programs. We can fit in with your requirements and style incorporating elements from our offerings to provide your organisation with broader training and development opportunities.

These programs will be designed exclusively for your own leadership community and will fit in to achieve your objectives within your organisation. We are looking forward to discussing how the Inner Leadership Academy can work directly with your L&D team to 'insource' our offerings, platform, and materials as part of your internal programs to expand your possibilities.

Inner Leadership FIT IN offerings

Leadership Development Workshops

True leadership comes from within through awareness, increased self-understanding, and development of inner potential. Blind spots in behavioural styles can become destructive, patterns are set to repeat, and decision are made within comfort zones. Inner development of leaders will lead to improved emotional intelligence, better resilience and improved behavioural responses.

2 or multiple days' workshop, recommended to combine with individual coaching sessions

Executive Coaching

We offer senior leaders a place to reflect upon their current performance, the quality of their life, the authenticity of their lives' path and to address their current desires for personal growth. Increased levels of consciousness allow leaders to see the growth opportunity in each challenging situation, to provide the courage to move outside comfort zones, and to become more and more authentic.

appropriate packages of coaching sessions

Non-Executive Coaching

With targeted focus, we help leaders on their individual development journey to develop repressed resources and dormant potential, to broaden their coping strategies while facing your day-to-day challenges, to achieve greater flexibility in their responses and become more authentic as a basis for personal success.

appropriate packages of coaching sessions

Emotional Intelligence

We build and develop emotional intelligence by broadening mental and emotional responses to behavioural agility for leaders and the cooperation in their teams. Expanding and developing the inner team of resources provides leaders with more options to act, to cope and react to situations. Instead of automatically triggered patterns, they will be able to freely choose their response that is appropriate to the situation.

2-day workshop

Team Development

We develop teams who wish to optimize their team performance and team dynamics to grow together through increased self-understanding and the acceptance of other perspectives.

Increased self-awareness and better understanding of the team members is a basis for mutual respect, effective communication, and improved relationships. The adoption of behavioural and Inner Leadership approaches will create the psychological safety which is a prerequisite for more engaged and successful teams.

2 or multiple days' workshop, recommended to combine with individual coaching sessions

Conflict Management

We offer leaders inner conflict management awareness and strategies as we believe that managing conflict can only be effective and sustainable by developing a greater understanding of our own internal conflicts and responses. Meaningful and long-term strategies to resolve 'external' conflicts requires a certain level of awareness of the relationship between our inner and outer world.

From here we create a safe space for the recognition and resolution of the inner conflict that resides within. New perspectives from the work with our Inner Leadership method provide deep insights that help us to identify and deal with conflicts arising in our teams.

2 or multiple days' workshop, recommended to combine with individual coaching sessions

Effective Communication

We offer leaders, teams, and organisations the ability to improve their communication skills by increasing awareness of different communication styles, one's own blind spots and opportunities to develop and broaden the range of responses we have at our disposal.

By developing self-awareness, we help people to better understand their own communication styles and how others perceive them. Having a broader range of communication styles enables agility and allows us to adapt our communication style to suit a specific situation. In this development journey empathy, compassion and interest for others can be learned, as well as better perception of non-verbal signals for building better relationships, which is key to business success.

2 or multiple days' workshop, recommended to combine with individual coaching sessions

Human Performance

We offer leaders, teams, and organisations to improve and broaden their behavioural skills, to become more aware of their own dominant behavioural patterns and to develop their dormant potential. Leaders and employees must first understand their own subpersonalities and their inner dynamics before they can successfully perform.

We give employees personal and professional support to deal with complex situations while handling their own emotions at the same time and provide a safe space to explore and develop each individual's potential.

2 or multiple days' workshop, recommended to combine with individual coaching sessions

Mental Health

Challenging situations and dealing with stress is part of our everyday life but it can be significantly more problematic at work, when we have to also show the requisite leadership skills to manage situations not created by ourselves, on top of those that we are struggling with personally.

2 or multiple days' workshop, recommended to combine with individual coaching sessions

Expanding and developing your inner team of resources provides leaders and employees with more options to act, to cope and react to situations. A broader spectrum of mental and emotional responses increases behavioural agility, increases mental health, and strengthens resilience.

Resilience

Stress, multiple demands, and business challenges is part of our everyday life. Development from within will provide leaders and employees with more strategies to respond to unexpected situations and to deal better with stress and heavy demands.

2 or multiple days' workshop, recommended to combine with individual coaching sessions

This inner strength leads to improved resilience. Instead of automatically triggered patterns, they will be able to freely choose their response that is appropriate to the situation. It enables them to respond and make choices in the best possible manner to achieve personal and business success.