

Develop your leadership potential

Become a successful leader: unite, motivate and inspire your team

MODALITY
100% online
training action

Goals

- Become a successful leader in the workplace
- Identify your own leadership style
- Give weight and meaning to your actions
- Gain the skills you need to lead and energize others

Highlights

- The focus of this training course is you: to help you unleash your inner leader.
- We have created a range of empowering and accessible resources to help you explore and develop your leadership potential.
- This course follows a hands-on coaching approach to help your inner-leader emerge.
- This course is designed to bring about growth and progress in both your everyday work life, but also outside of work.

 Estimated time: 12h

 Sessions: contact-us at +33 1 85 08 92 75

Programme

PART 1

Identify your leadership profile

- Leader and leadership: get familiar with the different concepts
- Identify your leadership style(s)
- The features of an effective leader
- Use your personal values to give meaning to your actions
- Identify your 'reason for being:' your 'ikigai'

Activities

- Carry out a self-assessment to identify your leadership profile
- Work on your chosen leadership style

PART 2

How can you develop your leadership potential?

- Focus on what you can control
- Set clear life goals using positive visualization techniques
- Make the right decisions at the right time
- Use your tone of voice and body language to demonstrate your leadership skills

Activities

- Identify your priorities
- Improve your body language by recording and posting a video of yourself for peer- assessment

PART 3

Use your leadership skills to better manage your team

- Understand others and make yourself understood
- Give meaning to your actions
- Gain and maintain the trust of your team
- Manage conflicts
- Manage change within your team

Activities

- Practice non-violent communication (NVC)

PART 4

Fine tune your leadership skills over time

- Change limiting beliefs into helping beliefs
- Learn to listen to yourself
- Develop assertiveness in saying no
- Manage stress
- Learn to set goals
- Build your action plan and continue to develop your leadership

Activities

- Create a personalized action plan

Audience

Managers

Prerequisites

No prerequisite is required to take part in this course: it is open to all. Previous experience as a manager is however recommended to allow you to fully benefit from the experience.

Modalités d'évaluation : un questionnaire est proposé à la fin de chaque module, ainsi qu'un examen final à l'issue de la formation.

Last updated in August 2025.