# Training Course on Leading from the Inside Out Workshop

Professional Development Training Course Outline

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| **Category** | Development | **Duration** | 5 Days |
| **Base Fee** | $1,500 USD | **Delivery Mode** | Online / On-site Hybrid |

## Course Introduction

Training Course on Leading from the Inside Out Workshop is designed to empower individuals to unlock their full leadership potential by fostering a deep understanding of their inner selves. Through experiential learning and introspective practices, participants will develop heightened **self-awareness**, cultivate **emotional intelligence**, and align their values with their leadership actions. This journey of **personal mastery** forms the bedrock of authentic and impactful leadership, enabling participants to inspire trust, drive meaningful change, and build high-performing teams. By focusing on the foundational elements of **inner leadership**, this course provides a unique and powerful approach to developing resilient, ethical, and visionary leaders ready to navigate the complexities of today's dynamic environment.

The program delves into practical strategies for enhancing **self-regulation**, improving **communication skills**, and fostering a growth mindset. Participants will learn to identify their core strengths and leverage them effectively, while also addressing limiting beliefs and blind spots that may hinder their leadership effectiveness. This emphasis on **authentic leadership development** ensures that participants emerge not only with new skills but with a profound sense of purpose and the confidence to lead with integrity and conviction. The workshop encourages the development of **empathy** and **compassion**, crucial elements for building strong relationships and fostering a positive and inclusive organizational culture. Ultimately, **Leading from the Inside Out** equips individuals with the inner compass necessary to navigate challenges, inspire others, and leave a lasting positive impact.

## Programme Curriculum

**Training Course on Leading from the Inside Out Workshop**

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**Course Duration**

5 days

**Course Objectives**

Upon completion of this workshop, participants will be able to:

1. Develop a deeper understanding of their values, beliefs, strengths, and weaknesses
2. Improve their ability to recognize, understand, and manage their own emotions and the emotions of others
3. Integrate their core values into their leadership style and decision-making processes
4. Develop greater control over their thoughts, feelings, and behaviors, especially under pressure
5. Enhance their ability to communicate clearly, authentically, and persuasively with diverse audiences
6. Embrace challenges, learn from setbacks, and cultivate a belief in their capacity for continuous growth and development
7. Recognize their unique talents and abilities and strategically apply them in their leadership roles
8. Challenge and overcome negative self-talk and limiting beliefs that may hinder their leadership potential
9. Project confidence, credibility, and genuine connection with others
10. Cultivate a deeper understanding and care for the perspectives and experiences of others
11. Develop effective strategies for managing and resolving disagreements in a positive and productive manner
12. Learn techniques to effectively inspire and motivate team members towards shared goals and vision
13. Contribute to creating a supportive, inclusive, and high-performing work environment

**Organizational Benefits**

- Leaders at all levels will be better equipped to inspire, motivate, and guide their teams, leading to improved performance and productivity.
- Increased self-awareness and empathy foster clearer communication, stronger relationships, and more effective teamwork across departments.
- A focus on values-driven leadership and emotional intelligence contributes to a more positive, inclusive, and ethical work environment.
- Leaders who lead from a place of authenticity and empathy create a more supportive and engaging environment, reducing employee turnover.
- Leaders who are self-aware and aligned with their values tend to make more thoughtful and ethical decisions that benefit the organization as a whole.
- A culture of trust and psychological safety, fostered by authentic leadership, encourages greater risk-taking and the generation of innovative ideas.
- Leaders equipped with strong emotional intelligence and communication skills can navigate conflicts more effectively, minimizing disruption and fostering positive outcomes.
- The workshop helps identify and cultivate emerging leaders within the organization, ensuring a strong leadership pipeline for the future.

**Target Audience**

1. Emerging Leaders.
2. Mid-Level Managers.
3. Senior Leaders and Executives.
4. Team Leaders and Supervisors
5. Project Managers.
6. Human Resources Professionals.
7. Entrepreneurs and Business Owners
8. Individuals in Non-Profit Organizations.

**Course Outline**

**Module 1: The Foundation of Inner Leadership - Knowing Yourself**

- Exploring the concept of "Leading from the Inside Out" and its significance in today's world.
- Deepening self-awareness through introspective exercises and personality assessments.
- Identifying core values and their influence on leadership style and decision-making.
- Understanding personal strengths and weaknesses and their impact on team dynamics.
- **Case Study:** Analysis of a leader who successfully leveraged self-awareness to navigate a complex organizational challenge.

**Module 2: Cultivating Emotional Intelligence - Understanding and Managing Emotions**

- Defining the five components of emotional intelligence (self-awareness, self-regulation, motivation, empathy, social skills).
- Developing strategies for recognizing and managing one's own emotions effectively.
- Learning to understand and respond empathetically to the emotions of others.
- Improving social skills for building strong relationships and navigating social situations.
- **Case Study:** Examination of a leader who effectively used emotional intelligence to de-escalate conflict within a team.

**Module 3: Aligning Values and Actions - Leading with Integrity**

- Examining the importance of ethical leadership and the role of personal values.
- Developing a framework for values-based decision-making in challenging situations.

- Identifying potential conflicts between personal and organizational values and strategies for resolution.
- Building trust and credibility through consistent alignment of words and actions.
- **Case Study:** Analysis of an organization that built a strong reputation based on its commitment to core values.

**Module 4: Mastering Self-Regulation - Building Resilience and Managing Stress**

- Understanding the impact of stress on leadership effectiveness and well-being.
- Learning practical techniques for managing stress and building resilience.
- Developing strategies for maintaining composure and focus under pressure.
- Cultivating mindfulness and self-care practices to enhance inner strength.
- **Case Study:** Exploration of a leader who demonstrated resilience in the face of significant organizational change.

**Module 5: The Art of Effective Communication - Connecting and Influencing**

- Developing active listening skills to understand and connect with others.
- Enhancing verbal and non-verbal communication for clarity and impact.
- Learning to provide and receive constructive feedback effectively.
- Developing persuasive communication skills to influence and inspire others.
- **Case Study:** Analysis of a leader who used exceptional communication skills to build consensus and drive a successful initiative.

**Module 6: Fostering a Growth Mindset - Embracing Learning and Development**

- Understanding the difference between fixed and growth mindsets and their impact on leadership.
- Developing strategies for embracing challenges and learning from setbacks.
- Cultivating a belief in continuous improvement and personal development.
- Encouraging a growth mindset within teams and the wider organization.
- **Case Study:** Examination of a leader who fostered a culture of continuous learning and innovation within their team.

**Module 7: Building Authentic Presence - Inspiring Trust and Confidence**

- Exploring the key elements of authentic leadership presence (confidence, credibility, connection).
- Developing strategies for projecting confidence and conviction in leadership roles.
- Building trust and rapport with team members and stakeholders.
- Communicating vision and purpose in a compelling and inspiring manner.
- **Case Study:** Analysis of a leader whose authentic presence had a significant positive impact on their organization.

**Module 8: Leading with Empathy and Compassion - Building Strong Relationships**

- Deepening the understanding of empathy and its crucial role in effective leadership.
- Developing skills for understanding and responding to the needs and perspectives of others.
- Cultivating compassion and creating a supportive and inclusive work environment.
- Building strong and meaningful relationships with team members and stakeholders.
- **Case Study:** Exploration of a leader who built a highly engaged and collaborative team through empathetic leadership.

**Training Methodology**

This highly interactive and experiential workshop incorporates a variety of training methods to facilitate deep learning and practical application:

- **Interactive Discussions:** Engaging group discussions to explore key concepts, share experiences, and foster peer learning.
- **Self-Reflection Exercises:** Guided activities and journaling prompts to encourage introspection and personal insights.
- **Experiential Activities:** Practical exercises and simulations to apply leadership principles in a safe and supportive environment.
- **Case Studies:** Analysis of real-world leadership scenarios to identify effective strategies and potential challenges.
- **Group Coaching:** Facilitated sessions to address individual leadership challenges and provide personalized feedback.

**Register as a group from 3 participants for a Discount**

**Send us an email: info@fineskilltrainingcenter.org or call** *+254769199797*

***Certification***

*Upon successful completion of this training, participants will be issued with a globally- recognized certificate.*

***Tailor-Made Course***

*We also offer tailor-made courses based on your needs.*

**Key Notes**

**a.** The participant must be conversant with English.

**b.** Upon completion of training the participant will be issued with an Authorized Training Certificate

**c.** Course duration is flexible and the contents can be modified to fit any number of days.

**d.** The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

**e.** One-year post-training support Consultation and Coaching provided after the course.

**f.** Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

## Upcoming Scheduled Sessions

| Start Date | End Date | Location | Price |
|---|---|---|---|
| **23 Nov 2026** | 27 Nov 2026 | Online | $1,000 |
| **23 Nov 2026** | 27 Nov 2026 | Physical | $1,500 |
| **23 Nov 2026** | 27 Nov 2026 | Physical | $3,000 |
| **23 Nov 2026** | 27 Nov 2026 | Physical | $3,000 |
| **23 Nov 2026** | 27 Nov 2026 | Physical | $6,000 |
| **23 Nov 2026** | 27 Nov 2026 | Physical | $4,500 |
| **23 Nov 2026** | 27 Nov 2026 | Physical | $6,000 |
| **23 Nov 2026** | 27 Nov 2026 | Physical | $6,000 |

Ready to enroll or request a customized program? Book online or contact us:

**Register Online Now**

Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com