Management & leadership · ML204

The Leadership throughout Self-Mastery

Barcelona (Spain) · 30 Nov 2026 - 11 Dec 2026

Date	Venue	Duration
30 Nov 2026 - 11 Dec 2026	**Barcelona (Spain)**	**2 Weeks**
Fee	Ref	Language
£8,000 GBP	**ML204**	**English**

Introduction

Self-mastery does not happen by chance; it is a process that occurs when we communicate effectively with the events and circumstances in our lives. Every moment of our lives provides an opportunity to practice self-mastery by expanding our visions, awakening our minds and hearts, and accepting full responsibility for living, growing, and contributing.

We can improve our experience of leading others by mastering our own emotions, and acting as role models and someone others would truly want to follow.

This course will teach you a lot about yourself, including how you think, how you perceive the world and how others perceive you, how you communicate and how you can improve your communication skills - and through that process, you will learn how to lead others with great skill.

In this course, we will cover:

- How to take charge of your Brain
- The Importance of a Powerful Vision coupled with Personal Integrity
- The Development of Communication Skills
- The Advancement of Leadership Capability
- The Improvement of Influencing Abilities

Course Objectives of Leadership throughout Self-Mastery

- Study Effective Management of our thoughts, beliefs, focus, and action
- Understand the impact of our values on our actions
- Consider how to build confidence, enthusiasm, and courage
- Explore methods of improving communication
- Examine how to enhance personal leadership skills
- Analyze the public face of the leader

Course Methodology of Leadership throughout Self-Mastery

This course consists of five modules containing lecture content, skill assessments, participative

discussions, video presentations, and delegate exercises in order to create high-impact training. This course is designed to be dynamic and highly interactive as well as educational. The primary focus is to provide delegates with concepts and methods which they can put to immediate use in the workplace.

Organizational Impact of Leadership throughout Self-Mastery

- More effective employees
- Strengthened employee focus on goal achievement
- Improved organizational communications
- Enhanced employee leadership skills
- Increased levels of motivation
- Higher levels of productivity

Personal Impact of Leadership throughout Self-Mastery

- A sharper focus on valuable goals
- Greater self-understanding
- Increased ability to achieve success
- Improved communication skills
- Enhanced leadership skills
- Greater levels of personal productivity

Target Audience of Leadership, Communications & Interpersonal Skills

This training course is suitable for a wide range of professionals but will greatly benefit:

- Management Professionals
- Team Leaders - prospective, new, or experienced
- Supervisors

Course Outlines of Leadership through Self-Mastery

DAY 1

Self-Mastery, Reality, and Responsibility

- Controlling your Thoughts and Your Actions - Taking Charge of your Brain
- Shifting Paradigms to Bring Success
- Tapping the Power of the Emotional Loop - The Shadow of the Leader
- Gaining Power and Freedom by Taking Responsibility
- The Power of Beliefs – Developing the Quality of Persistence
- The Power of Beliefs – Developing the Quality of Resilience
- The Power of Beliefs - Developing the Quality of Courage

DAY 2

Achieving Your Vision

- Analyzing the Impact of Values on Your Leadership
- Understanding How Your Values Impact Your Purpose

- Designing Your Destiny with the Power of a Personal Vision
- Directing Your Focus on Outcomes-focused Objectives
- The Power of Beliefs - Developing the Quality of Self-confidence
- The Power of Beliefs - Developing the Quality of Enthusiasm
- Operating with Personal Integrity

DAY 3

Advanced Communication Skills

- Communicating with Intention - Understanding the Communication Process
- How Communication Breaks Down and How to Avoid it Happening
- Building Rapport by Using Active Listening Techniques
- Planning Effective Oral Communication
- Delivering Effective Oral Communication – Techniques and Tips to Get your Message Across
- Synchronizing Your Verbal and Nonverbal Communication – Building a Commanding Personal Style
- Dealing with Different Communication Styles and Needs

DAY 4

Leadership

- Understanding The Importance of Emotional Intelligence
- Developing Self-awareness, Motivation, Empathy, and Social Skills
- Moving to A New Model of Empowerment
- Recognizing 21st Century Leadership Skills
- Interpreting Institutional and Interactive Leadership
- Comprehending The Difference between Leadership and Management
- Utilizing Effective Situational Leadership
- Learning The 4 Es of Leadership at GE: Energy, Excite, Edge and Execute
- Evaluating The Leadership Secrets of Jack Welch
- Investigating Theories of Motivation

DAY 5

The Public Face of the Mature Leader

- Making Successful Presentations
- Influencing through Appeal to Achievement of a Vision
- Influencing through The Utilization of Logic
- Influencing through A Genuine People Orientation
- Displaying Personal Power in Communications
- Overcoming The Failure Mechanism
- Running Productive Meetings
- Reviewing The Course

DAY 6

Building High-Performing Teams

- Understanding the Dynamics of Team Building
- The Stages of Team Development
- Developing Trust and Collaboration within the Team

- Effective Team Communication and Conflict Resolution
- Building a Positive Team Culture
- Team Decision-Making Strategies
- Team Motivation and Recognition Techniques

DAY 7

Emotional Intelligence and Leadership

- The Importance of Emotional Intelligence in Leadership
- Developing Emotional Awareness and Regulation
- Enhancing Empathy and Social Skills as a Leader
- Emotional Intelligence for Effective Conflict Management
- Leading with Empathy and Understanding
- Case Studies: Emotional Intelligence in Leadership

DAY 8

Strategic Leadership and Decision Making

- Understanding Strategic Thinking and Planning
- Setting Long-Term Organizational Goals
- Analyzing Industry Trends and Market Opportunities
- Making Effective and Ethical Business Decisions
- Strategic Risk Management
- Creating a Leadership Development Plan
- Group Activity: Strategic Decision-Making Simulation

DAY 9

Change Management and Resilience

- Navigating Change and Leading through Uncertainty
- The Psychology of Change and Resistance
- Strategies for Overcoming Resistance to Change
- Building Resilience in Yourself and Others
- Leading Change with Transparency and Empathy
- Case Studies: Successful Change Management Stories

DAY 10

Leadership in a VUCA World

- Understanding VUCA (Volatility, Uncertainty, Complexity, Ambiguity)
- Adapting Leadership Styles to a VUCA Environment
- Leading in Times of Crisis and Uncertainty
- Fostering Innovation and Agility in the Organization
- Developing Future-Ready Leaders
- Closing Remarks and Course Evaluation

Register or ask about this course online

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