

Transformational Leadership Training Series for Healthy, Sustainable Growth

CONSCIOUS

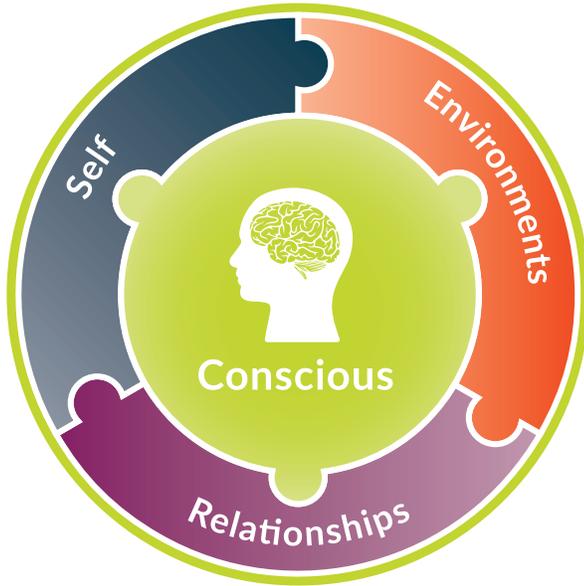


Higher performance is within reach. Conscious Leadership accelerates your ability to operate in a perpetually disruptive and changing world.



What is a Conscious Leader?

Conscious Leadership is having awareness of yourself, your relationships and your environment and taking deliberate action that has a great impact on your teams and organization. It is about proactively making change work for you rather than reactively letting change happen to you.



Three Key Components of Conscious Leadership

Why do we Need Conscious Leadership?

Grounded Leadership is the foundation to operate in a disruptive and accelerating world. Conscious Leadership is the accelerator.

Our world is changing faster than our ability to adapt. With increasing speed, uncertainty, complexity, globalization, competition and increased digitalization – these disruptive forces are having a real impact on people, organizations, and communities. Many of us are unprepared for this acceleration. We act on autopilot as new challenges confront us. We face uncertainty with fear and mistrust. Stress and burnout are pervasive as many of us do not perform to our highest potential.

For many of us, we still believe that being smart is the best path to success. But our obsession with being the smartest person in the room doesn't work anymore. It simply gets in the way of adapting to the future. In this age of acceleration, we need a new approach to living and leading. Being conscious is the new smart. In our fast, frenetic lives being smart is not enough. Conscious people bring their best selves to the table, and challenge others to redefine what it means to be successful.

The standard Conscious Leader Experience is conducted in two one-day sessions of eight hours or four half day sessions of four hours each. It is an experiential workshop and along with the Grounded Leader Experience, serves as the foundation for our Transformational Leadership Series. The Conscious Leader Experience can be delivered as a standalone program or build upon the Grounded Leader Experience.

Conscious Leaders Build Healthy Companies

The more conscious you are, the faster you adapt and the higher you perform.



Overview of the Conscious Leader Experience

The standard Conscious Leader Experience consists of two half day workshops. Conscious Leadership provides the capabilities leaders need to adapt to a disruptive and accelerating business environment. The first half day workshop 'The Foundations of Conscious Leadership' introduces the four key steps to becoming a Conscious Leader: 'Go Deep, Get Real, Think Big, & Step Up'. It then extends the learning by taking a deep-dive into applying the first two steps (Go Deep & Get Real).

Going Deep and Getting Real is about understanding your personal accelerators and hijackers. Your accelerators are those aspects of yourself that push you forward, and your personal hijackers are those that hold you back from reaching your highest potential as a leader.

Workshop 1 – The Foundations of Conscious Leadership (Half day)

By the end of this session participants will:

1. Describe why Conscious Leadership is needed in today's disruptive business environment
2. Define Conscious Leadership
3. Describe why Conscious (Leadership) is the New Smart
4. Identify the four steps of Conscious Leadership
5. Describe and apply two tools of Conscious Leadership to a real leadership challenge
6. Develop next steps that can be taken to be a more Conscious Leader

In the second half day workshop "Applications of Conscious Leadership", participants apply the final two steps of Conscious Leadership – Think Big & Step Up, to a real leadership issue. Thinking Big is about learning to see a world of possibilities to become more expansive and adaptive in a complex world. Step Up is about leaders stepping into bigger versions of themselves to be bold and responsible when leading through change. This workshop is a pre-requisite for workshop 2.

Workshop 2 – Application of Conscious Leadership (Half day)

By the end of this session participants will:

1. Describe the obstacles to practicing Conscious Leadership experienced in the workplace since workshop 1, and identify strategies to manage these.
2. Describe the tools for applying steps 3 & 4 to becoming a Conscious Leader

3. Apply the tool 'Paradoxical Thinking' that helps leaders Think Big by exploring diverse perspectives, and acknowledging opposing ideas to make effective decisions in a complex world.
4. Apply the tool 'Shared Consciousness' that empowers leaders to step into their highest potential and leverage the creativity and shared purpose in teams.
5. Identify key actions as part of a Conscious Leader Development Plan to apply following the workshop

How the Experience is Delivered

- Live. In-person, HCI instructor led training. One full day (Workshops 1 & 2), or 2 x half-day workshops.
- Virtual. HCI instructor led training. Four 120 min. sessions
- Integrated Learning Platform, blended solution
- HCI can certify your employees to become facilitators

Materials and Activities

- Peer Group Learning Solutions
- Conscious Leader Participant Guide
- Conscious Leadership Facilitator Guide – part of the Train-the-trainer Certification
- Conscious Leadership Personal Journal
- Conscious Leadership Personal Development Guide
- Optional Conscious Leadership Facilitator Certification

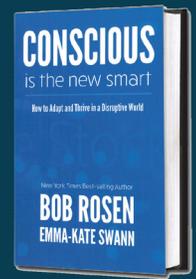
Personalization

We can tailor to your needs. Conscious can be purchased with several levels of personalization, or can be ready to use.

The Transformational Leadership Series

Developing Change Leaders at all Levels

Being smart gets you in the room. Being aware keeps you there.



This groundbreaking book, by New York Times Best-Selling author and CEO advisor, Dr. Bob Rosen, dispels the belief that everyone should strive to be the smartest, toughest, richest, most attractive person in the room. The idea that these aspirations lead to success and happiness is simply not true today. Many of us experience the opposite chasing these goals. The reason is we get hijacked by our irrational fears and biases, undermine our own potential, and end up casting shadows on ourselves and the people around us.

The cost of unaware people is too high to pay. Especially when the antidote, becoming more conscious, costs little but returns exponentially. The book unveils four powerful lessons for how to put your conscious mind to work: **Go Deep, Think Big, Get Real, and Act Up.** By providing modern-day practical advice, the book guides the reader towards a deeper understanding of themselves, how to cope and benefit from the speed, uncertainty, and acceleration of change, and how to reach to their highest potential.



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Let's get started—Changing the world one leader at a time starts with you.
Contact us today at healthycompanies.com or +1-703-351-9901.

About Healthy Companies

Healthy Companies International was founded in 1988 by CEO adviser, organizational psychologist, and best selling author Bob Rosen. Its mission is to transform the world's organizations, one leader at a time. Thanks in part to a multiyear grant from the MacArthur Foundation, Bob and his colleagues began to research the characteristics of successful executives and their companies. Since then, the firm has conducted hundreds of in-depth interviews with CEOs in forty-five countries. Healthy Companies works with a wide range of Global 2000 corporations, government and nongovernmental organizations, and selected associations. Clients include New York Life, PricewaterhouseCoopers, Ralph Lauren, and MedStar Health.



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