

Transformational Leadership Training Series for Healthy, Sustainable Growth

# CONSCIOUS

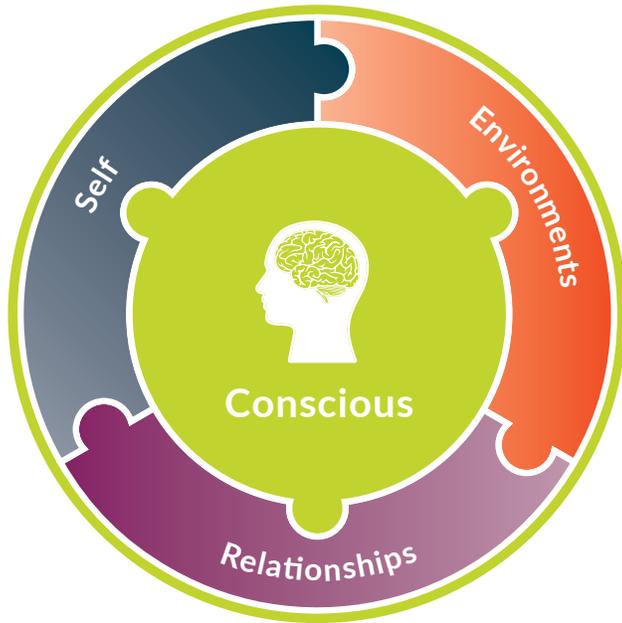


**Higher performance is within reach. Conscious Leadership accelerates your ability to operate in a perpetually disruptive and changing world.**



# 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 in real time 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 leaders 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.

Many leaders still believe that being smart is the best path to success, but 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 leadership. Being conscious is the new smart. 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 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.*





**Bob Rosen, Ph.D**

**CEO of Healthy Companies and Best-selling Author**

*“Conscious is your personal roadmap through transformation to help you adapt and accelerate into the future to create sustainable change for yourself and your business.”*

## The Conscious Leadership Experience

The standard Conscious Leader Experience consists of eight hours of learning. Conscious Leadership provides the capabilities leaders need to adapt to a disruptive and accelerating business environment and lead themselves and others effectively through change. The first four-hour workshop ‘Conscious Leadership: Building the Foundation’ 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).

**Get Real** is about facing the reality of your situation and how to reframe your discomfort with change and uncertainty to be more effective in a constantly changing business environment. **Go Deep** is about discovering your inner self to effectively adapt and lead through change. **Think Big** is looking outside yourself at the greater landscape to see the possibilities to become more expansive and adaptive in a complex world. **Step Up** is about boldly and intentionally taking responsibility and stretching yourself and others to reach their highest potential and performance.

### Workshop 1 – Conscious Leadership: Building the Foundation (4 hours)

Participants will:

1. Understand why Conscious Leadership is needed in today’s disruptive business environment
2. Internalize the 4 steps of Conscious Leadership
3. Identify the personal accelerators that push you forward, and the hijackers that hold you back from leading effectively
4. Identify next steps to becoming a more Conscious leader

In the second workshop “Conscious Leadership: Awareness in Action”, participants deepen their understanding and expand their skills in each of the four steps to become more Conscious leaders.

### Workshop 2 – Conscious Leadership: Awareness in Action (4 hours)

Participants will:

1. Recognize the obstacles to practicing Conscious Leadership as experienced in the workplace and identify strategies to manage these
2. Apply the tools for steps 3 & 4 to become a Conscious Leader
3. Explore the thoughts, perceptions and beliefs that impact your ability to lead change and that impact leadership
4. Demonstrate the strategies required to manage your emotional triggers to open up new possibilities for your leadership
5. Identify key actions as part of a Conscious Leader Development Plan to apply following the workshop

### How the Experience is Delivered

- In-person facilitation of one full day or two half-day workshops
- Virtual facilitation of four 2-hour sessions
- Integrated Learning Platform, blended solution
- Healthy Companies certified internal facilitators

### Materials and Activities

- Peer Group Learning Solutions
- Conscious Leader Participant Guide
- Conscious Leadership Journal
- Conscious Leadership Personal Development Guide
- Optional Conscious Leadership Facilitator Certification and Facilitator Guide

### Personalization

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

# The Transformational Leadership Series

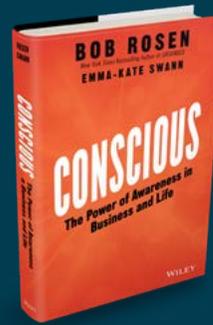
Developing Change Leaders at all Levels



## A New Approach

We are entering an age of continuous disruption and acceleration, outpacing our ability to cope with uncertainty and change. People and organizations are at risk for being left behind. Many of us are unprepared for this personal and organizational transformation. This requires a new approach to leading ourselves, teams, and organizations.

Our Transformational Leadership Series helps to develop the internal and external skills that enable leaders to operate effectively in an increasingly disruptive and accelerating environment.



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 Step 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.

Let's get started—Changing the world one leader at a time starts with you.  
Contact us today at [healthycompanies.com](http://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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