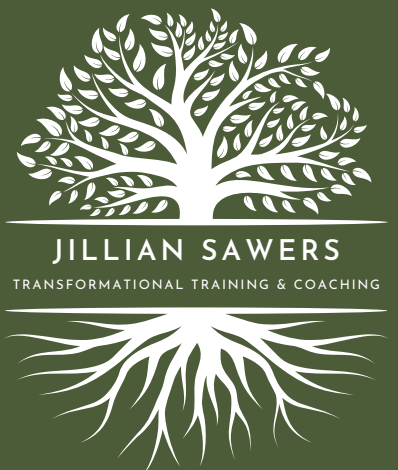


Self-Actualised Leadership Training & Coaching

A truly transformative
training experience
by Jillian Sawers



Self-Actualised Leadership Training & Coaching

Whilst we generally associate leadership with positions of power, confidence and the ability to command a team or an audience, leadership can take many forms. Different situations often require completely different leadership styles. This is why leadership can blossom in people and places where you least expect it.

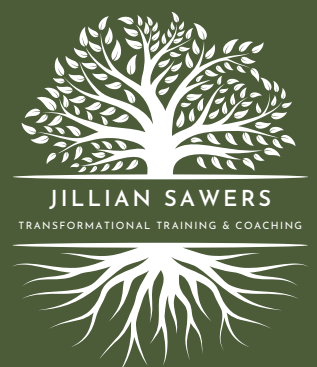
Becoming a leader is one of life's greatest challenges and privileges and being a good manager doesn't necessarily develop all the inner faculties required to do a good job. As a leader you are expected to be the one holding the big picture, to be emotionally stable and impartial, to initiate innovation and positive changes, to be decisive, and to hold the teams to a high standard of values and ethics whilst demonstrating expertise, principles and a positive attitude always.

To become such a leader is truly a maturing process which this course aims to hasten up by breaking down the many leadership and thinking skills required into logical, digestible, actionable steps.

Starting with a detailed analysis of your cognitive strengths and weaknesses you will gain a personalised road map to your unique leadership brand and your areas for growth.

From formulating and articulating the purpose and vision for your company or department with clarity and passion, to growing your team with insight, to finding creating solutions to problems, communicating confidently and being more decisive, this course will give you a new confidence as a leader who walks his talk.

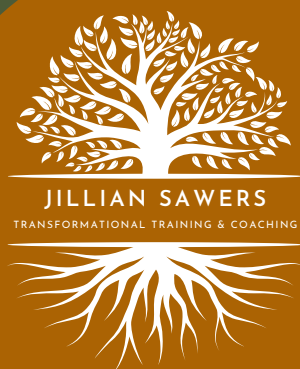
Everyone has leadership potential. As you begin to evolve into a self-actualised person, into someone who knows and uses their gifts in the service of a higher purpose, into someone who encourages and empowers others rather than seeking approval and scoring ego points, and into someone who is able to tap into their inner resources of creativity and genius to create positive changes for all, not only will you be a great leader, you will be a leader who creates leaders.



Self-Actualised Leadership Training & Coaching

Topics in the training include:

What is a self-actualised leader?
What are the needs of our times?
Abraham Maslow's Hierarchy of Needs
What is my leadership style and brand?
Big Picture Thinking
Purpose, vision, mission, values
How to live your values and ethics at work
Building team spirit and loyalty
The journey to self-actualisation - what it involves
Motivating others to achieve and be more
Recognise your personality style - strengths and weaknesses
Understanding the 8 cognitive Functions
Developing self-awareness, self-regulation and motivation
Recognising your ego and its role in your thinking and behaviour
Understanding emotions and feelings
How to stay calm in the middle of chaos
Why creativity and innovation are key for current leaders
Convergent vs divergent thinking - harnessing the whole brain
Making decisions - involve others - or go it alone?
Leadership styles - how to adapt to the need of the time
Communicating balance - how to firm but nice, task and people focused
Body language of a confident leader
Delivering confident, clear, convincing presentations
Overcoming nerves and finding your authentic leadership voice
Coaching others for growth and success
The power of people - networking 101
Giving and receiving feedback
Running great meetings
Empowered delegation
Creating your company or team culture
Recognising and sustaining talent
Resolving conflicts
Dealing with change



Who is Jillian Sawers?



Jillian has earned the praise of participants to her 1000's of courses over the years, in great part due to her engaging style and her ability to put across information that is clear and practical. She has the ability to build an immediate rapport with her audiences and her relaxed and entertaining style enables her to present deep and challenging personal issues in an easily acceptable way.

Jillian deep and abiding interest from her early teens, in the topics of self-awareness, psychology, philosophy, the connections between science, metaphysics and the transformation of human consciousness have kept Jillian's training insights on the leading edge of human development.

Aged eighteen and undecided on a course of study Jillian took a one way ticket from her home in New Zealand to London. Her first training experiences came two years later in 1990 as an event coordinator, round-table facilitator and workshop facilitator for 'Global Co-operation for a Better World' – an international project in association with the United Nations Economic and Social Council. This led to being a full-time project and event manager and lecturer with the Brahma Kumaris World Spiritual University in London, organizing events exploring the topic of consciousness and self-awareness within the areas of science, health, mental health, community, social development and creativity.

In this capacity Jillian gave lectures and ran workshops and seminars in the UK, Europe and Asia/Pacific regions. Jillian also conducted workshops on Stress Management and Positive Thinking within the UK prison system.

Between 1996 to 2001 Jillian worked as a trainer for Reed Training, GateHouse Training and Training Solutions, all in the UK. Courses included Time Management, Self Esteem for Peak Performance, Presentation Skills, Running Effective Meetings and File Management.

JILLIAN SAWERS

In 1997 Jillian moved to Istanbul, Turkey where she was the National Co-Director of a self-development and meditation association for 14 years, training local trainers and giving lectures, workshops, and retreats throughout the country, as well as Internationally. During this time Jillian also started working in the UAE for the International Centre of Management Training, Abu Dhabi, and later began a long working partnership as a senior consultant for Glomacs Training, Aztech Training, Euromatch and Oxford Management, all based in the UK and UAE. Jillian is also an Eating Psychology and Life Coach, having trained with the Institute of Eating Psychology in Boulder Co.