



*Training Course:  
Leadership Development: Self-Awareness, Skills  
and Strategies*

*14 - 18 December 2026  
Barcelona (Spain)*

## Training Course: Leadership Development: Self-Awareness, Skills and Strategies

Training Course code: LS1104 From: 14 - 18 December 2026 Venue: Barcelona (Spain) - Training Course Fees: 5775 € Euro

### Introduction

The best leaders thoroughly understand themselves. Time and time again, research has shown that self-awareness and self-direction are two essential factors in leadership effectiveness. As leaders gain a better sense of themselves and a clearer plan to self-actualization, they also:

- Understand leadership in a brand new way
- Discover the "inner" leader as a source of growth
- Tap into your amazing hidden personal power
- Take team development to new levels of achievement
- Learn to lead through excellent communication skills

### Objectives

In this program you will learn to:

- View leadership from a new and higher-level perspective
- Discover and analyze your leadership style and tendencies
- Grow in personal power and effectiveness
- Discover and build upon your intrinsic leadership qualities
- Understand, develop and employ the emotional forces within you
- Develop the critical interpersonal skills essential for leading others

### Methodology

The instruction of this dynamic seminar will consist of content lectures, video dramatizations, assessments, engaging class discussions, and many exercises to make the learning come alive. Because Leadership Development: Self-Awareness, Skills and Strategies is so extensive in scope, the seminar will be delegate-centered and need-driven. The actual extent and time allocated to each topic will be determined by initial and daily observations of their relevance to the delegate's day-to-day work requirements.

### Organizational Impact

Leaders with high self-awareness and emotional competence:

- Have the ability to understand and relate to people in the organization
- Avoid many of the difficult people and HR problems that plaques many organizations
- Possess skills that are now considered to have a greater impact on organizational performance than traditional measures of intelligence such as IQ
- Promote increased employee cooperation, increased motivation increased productivity, and increased profits

## Personal Impact

This course teaches the competencies that enable leaders to:

- Accelerate their career development
- Understand themselves and their potential more clearly
- Recognize their own emotions as well as the emotions of others
- Resolve conflict more effectively
- Improve their ability to communicate, influence and work with others

## Outlines

### Introduction

Leadership development begins with self-awareness and the ability to connect personal strengths with leadership practices. This program is designed to help leaders recognize their inner potential, hone their leadership skills, and create strategies that inspire others to achieve common goals. The training will help participants build the emotional and interpersonal skills necessary for leading teams, creating high-performance cultures, and driving organizational success.

### Course Objectives

By the end of this program, participants will be able to:

- Understand the core principles of effective leadership and apply them.
- Develop emotional self-awareness and master self-leadership.
- Strengthen personal leadership skills and align them with organizational goals.
- Build essential people skills, including communication, influence, and conflict resolution.
- Lead high-performing teams and foster a culture of innovation and trust.
- Apply performance management tools and strategies to enhance team outcomes.

## Target Audience

- Senior Executives and Directors
- Middle Managers and Team Leaders
- HR and Organizational Development Professionals
- Aspiring Leaders and High-Potential Employees
- Business Consultants and Coaches

## 5-Day Training Outline

### Day 1: Master Keys of Effective Leadership

- The principles of leadership
- The mind of the leader
- The heart of the leader
- The practices of effective leaders
- The five roles leaders play
- Leadership self-assessment
- Rebalance your leadership style for optimal results

### Day 2: Towards Emotional Self-Awareness

- Growing your personal power
- Achieving emotional excellence
- Self-leadership through inner mastery
- Success through a positive attitude
- Your time and your life
- Increasing personal productivity
- Direction through personal integrity
- Designing a strategic plan for your life and career

### Day 3: Mastering People Skills

- Understanding interdependence
- Winning through effective communication
- The active listening model
- The four styles of communication
- Dealing with conflict constructively
- Using the principles of influence & persuasion
- Speaking and presenting skillfully
- The art of win-win negotiation

### Day 4: Building and Leading Extraordinary Teams

- How a high-performing team differs from a traditional workgroup
- The three elements of high-performance teams
- Understanding the four types of teams
- The stages of team development

- Team dynamics: How teams really work
- Understanding and optimizing team member styles
- Leading through trust
- Leading through change

#### Day 5: Performance Management

- Igniting team creativity
- The art of practical coaching
- Conducting effective performance discussions
- Positive discipline through expectations
- Delegating and empowering the right way
- The situational leadership model
- How to analyze development needs
- Using effective tools for managing performance

## Registration form on the Training Course: Leadership Development: Self-Awareness, Skills and Strategies

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Complete & Mail or fax to Global Horizon Training Center (GHTC) at the address given below

### Delegate Information

Full Name (Mr / Ms / Dr / Eng): .....  
 Position: .....  
 Telephone / Mobile: .....  
 Personal E-Mail: .....  
 Official E-Mail: .....

### Company Information

Company Name: .....  
 Address: .....  
 City / Country: .....

### Person Responsible for Training and Development

Full Name (Mr / Ms / Dr / Eng): .....  
 Position: .....  
 Telephone / Mobile: .....  
 Personal E-Mail: .....  
 Official E-Mail: .....

### Payment Method

- Please find enclosed a cheque made payable to Global Horizon
- Please invoice me
- Please invoice my company

### Easy Ways To Register

Telephone:  
+201095004484 to  
provisionally reserve your  
place.

Fax your completed  
registration  
form to: +20233379764

E-mail to us :  
info@gh4t.com  
or training@gh4t.com

Complete & return the  
booking form with cheque  
to: Global Horizon  
3 Oudai street, Aldouki,  
Giza, Giza Governorate,  
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