

## Personal Development Matters

<b>DEI</b>	What DEI looks and feels like when it is embedded at a micro and macro level. The difference between diversity and inclusion, the role of bias and privilege.
<b>Communication</b>	How to identify your communication style, when it is impactful and when it may hijack you.
<b>Influence</b>	Ways to motivate and influence for success without harmful conflict.
<b>Leadership</b>	Leadership post pandemic and leadership competencies.
<b>Emotional Intelligence</b>	What EI really means in practice, the neuroscience behind it and the power of being emotionally intelligent. Becoming conscious of how you show up at work.
<b>Culture</b>	The make-up, preferences & quirks of different global cultures is what leads to better engagement and relationships. Things to avoid, different approaches, learning to flex.
<b>Presence</b>	What does it mean to be fully present and impactful?
<b>Career</b>	Career mapping, overcoming roadblocks and harnessing the influence of your network.
<b>Mindset</b>	Different types of mindset and how to develop a growth mindset.
<b>Coaching</b>	A modular programme helping you to develop a repertoire of coaching skills.

“Thank you so, so much for an exceptional session last week! As was evident in the chat panel, the level of engagement was absolutely brilliant.”

