



# LEADERSHIP ASCENT PROGRAMME

BUILD A STRONG FOUNDATION  
FOR SUCCESS WITH  
FUNDAMENTAL LEADERSHIP  
SKILLS



## TAKE YOUR LEADERS TO THE NEXT LEVEL

Leadership Ascent Programme (LAP) moves leaders from average to high performing by developing their emotional intelligence skills using the Emotional Capital Report (ECR)

**RocheMartin**

Inspired Emotional Intelligence

- Experiential Activities to learn through doing;
- A safe environment for all participants to practice new behaviours
- Peer-based learning to encourage collaboration and drive engagement;
- Proven leadership model based on the world's most advanced assessments for measuring and developing Emotional Intelligence for leaders.

## LAP at a Glance



Emerging leaders/New Leaders



Linked to no of coaching sessions



2.5 days (1-hour kick off & four 3-hour days. 3 1hr Coaching sessions)



In-Person/Coaching on Zoom

## Get in touch

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# Three-Phase Process: Prepare-Engage-Apply

## Prepare - Getting Started

Prior to attending this program, participants complete the ECR Assessment and articulate their Key Leadership Challenge. One-on-one coaching sessions to explore assessment results.

## Engage

### Leading Yourself

This cluster of skills enables you to develop your leadership and communicate authentically and openly. The cluster includes:

**Self-Confidence:** How do I develop self-confidence so that I think, feel and behave as a leader?

**Self-reliance:** How can I accept responsibility for myself and my leadership role?

**Self-Awareness:** How do I develop the principles of self-awareness to make conscious decisions about my leadership behaviour?

**Self-Control:** How do I manage my emotions well and restrain my actions until I have time to think rationally?



### Leading Others

This cluster of skills enables you to grasp the emotional dimensions of a business situation and enhance your capacity to influence others to achieve productive outcomes. This cluster includes:

**Empathy:** How do I become aware of, understand, and appreciate the feeling and thoughts of others?

**Relationship Skills:** How do I use the principles of developing collaborative and mutually rewarding relationships?

**Communication:** How do I communicate my feelings, thoughts and beliefs openly in a straightforward way?

## Apply -Sustain Your Learning

One-on-one leadership coaching session is scheduled following the programme to sustain momentum and promote follow-through on learning goals set during the programme