LEADING SELF
Blended Learning (Online)

Gestalt foundations for personal, team and organizational success

Participants
This program is for individual contributors, valued professionals, emerging and experienced leaders, and others wishing to learn the fundamentals of relational leadership practice. The program will help anyone in a leadership role or preparing for leadership gain self-awareness and the personal tools necessary for building strong professional relationships and set the foundation for further skill development.

This self-paced program integrates video lessons taught by two of our leading Gestalt faculty, with reading, reflection, and online and written exercises.

Your learning will be supported by a live-online group session with a member of GISC faculty, designed to be attended upon completion of the self-paced portion of the program. Please select your group date upon registration.

Success, effectiveness and fulfillment in today's fast-paced, team-based, global work environments require a well developed ability to connect with others and build relationships. Understanding oneself is at the heart of this ability and central to effective workplace relationships, leadership and influence.

In this program, your focus will be on developing a greater self-awareness and a more profound understanding of your impact on other people, through the integrated use of Gestalt core concepts such as Awareness, Optimism, Presence and the Cycle of Experience. The learning will include tools, self-assessments and practices designed to develop core skills that are essential to leadership, and to building your performance, effectiveness and resilience in today's complex, fast-moving organizations.

This Leading Self program emphasizes the practical application of Gestalt core concepts rather than just focusing on theory. Through interactive online exercises and one-on-one coaching, you will learn and practice the skills that are central to achieving personal awareness, connecting with others, managing stress, collaborating, demonstrating presence and embracing an optimistic stance.

This program (or the in-person program) is a prerequisite for all other core programs in the GISC Leadership Development series. Why a prerequisite? Because we have identified the most vital competencies for your professional success and designed training that will enhance your ability to apply and build on these essential skills and values.

Blended Learning Notes:
Once you register, you will receive access to the online platform and assessments as well as connection instructions for your live-online small-group follow-up session.