

# questas

## Leadership and Management

Training for Middle Managers and new Leaders

### Who is it for?

People who are new to leadership and management plus those who have been in a leadership role for some time but have not received (any or enough) formal training in how to be a great leader.

### What's the format?

This is aimed at relatively small cohorts (8-12 people) and comprises a three-day course spread over 3 months with one-to-one coaching between each group session

### Content:

#### Day 1

- Leadership vs management
- The concept of 'Shadow of a Leader' (how to be a congruent leader)
- The art of delegation
- Giving and receiving feedback

Coaching session for each participant (one hour)

#### Day 2

- Leading high-performing teams
- Creating psychologically safe environments
- Situational leadership
- Motivation – up/down/sideways!

Coaching session for each participant (one hour)

#### Day 3

- Becoming a 'coaching' leader
- Translating corporate strategy to action
- Measuring success
- Interviewing techniques

Coaching session for each participant (one hour)