

# GROUND<sup>®</sup> AND CONSCIOUS LEADERSHIP PROGRAM

Dion Leadership has partnered with Healthy Companies International to offer the Grounded<sup>®</sup> and Conscious Leadership Program. Backed by over 30 years of research, the Healthy Companies research team has identified two core capabilities for surviving and thriving as leaders in today's world.

- Grounded is the foundation that helps leaders stay centered yet agile in the face of disruptive change.
- Conscious results in leaders being highly awake, aware, and adaptive to their ever-changing environment.

Developing these two core capabilities ensures purposeful forward movement strengthens the capacity to lead in today's personally challenging world.

## LEARNERS WILL:

- Learn why Grounded<sup>®</sup> Leadership is critical in today's disruptive business environment
- Understand the Six Dimensions of Grounded<sup>®</sup> Leadership by assessing oneself and identifying specific practices to strengthen performance
- Discover the basics of Conscious Leadership as an accelerator of leadership performance
- Explore the mental Accelerators and Hijackers that have the greatest impact on results

## WHY THIS MATTERS:

Being both Grounded<sup>®</sup> and Conscious is the new leadership imperative. This program challenges and inspires leaders to become more Grounded<sup>®</sup> and Conscious in all dimensions of their lives. This will help your leaders face the challenges of constant turbulence and change and think about leadership in a new way.

## DELIVERY OPTIONS:

**In-Person:** Full day

**Live-Online:** Four 2-hour sessions