

Micro-series: Leadership Development

Summary

An off-the-shelf series of 6 x 60 minute micro-workshops developing executive level competencies and awareness of the essential leadership qualities required to lead high performing teams and companies.

The purpose of this series is to share insights and best practice taken from high performing teams and individuals drawing on the experience of Leadership development specialist and executive coach Victoria Ramsden. Victoria has worked with a range of individual clients including executive leaders and business owners and teams including national leadership teams and leadership teams in a government department.

The format of the sessions includes a combination of learning how the human mind works and how behaviours are generated; gaining awareness of self and others, and; gaining an understanding and application of proven coaching & leadership tools, models & concepts.

Benefits include:

- Increased self-awareness and awareness of what drives the behaviours of others
- Improved goal and priority setting at a strategic level
- Executing aligned activities
- Improved business and performance results
- Improved decision making and healthy conflict resolution.

Sessions can be delivered remotely online (MS Teams/Zoom/Google Meet) or in person.

Overview of sessions

	Session	What's included
1	Introduction: how humans work	• Understand some foundational concepts of neural processing. • Understand different learning preferences, personality traits and behaviour types and preferences. • Awareness and understanding of what drives own behaviours and behaviours of others.

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2	Reprogramme limiting beliefs	• Learn a neural reprogramming technique for reframing limiting beliefs and negative thoughts to generate different outcomes and make positive changes. • Bust some common myths that hold people back from getting results.
3	Experiencing overwhelm, procrastination or a loss of agency, drive and motivation	• Understand the drivers and the symptoms of procrastination. • Learn about the limiting beliefs and the root fears which prevent taking aligned action and getting results. • Learn how to take aligned action on the things that matter.
4	Stressed, never ending work and no time for a break, always reacting/responding	• Learn about the Eisenhower Matrix and identify the "monkeys". • Understand the difference between "Important" and "Urgent". • Identify the specific limiting beliefs which underpin unhelpful behaviours.
5	Not getting results and paralysed by a difficult decision/course of action	• Understand the difference between a big goal vs. small actions. • Learn about the 5 core fears which inhibit effective decision making. • Learn how to plan and take SMART actions.
6	Confidence, resilience and accountability and tap into unique qualities	• Understand that confidence is a belief and learn how to reinforce positive beliefs. • Learn a framework for defining purpose and learn how to navigate change with greater agency. • Identify what is really important and why it matters. • Tap into unique gifts and abilities.

Delivery and Fees

For maximum impact the series can be delivered as a full series which can be delivered over lunchtimes or existing scheduled team meetings. It is also possible that sessions can be delivered as stand-alone sessions.

Option	Fee*
Full series	
Remote delivery	£5,250
In person delivery	TBA based on location and travel considerations
Single session	
Remote delivery	£1,200
In person delivery	TBA based on location and travel considerations

*All prices excl. VAT.

What happens next?

To discuss options and get booked in, please get in touch with Victoria Ramsden:
victori@integrityec.co.uk | <https://integrityec.co.uk/>

About Integrity Executive Coaching Limited



Integrity Executive Coaching Limited was set up by Victoria Ramsden CMgr FCMI with the sole purpose to enable ethical and mission-driven leaders to achieve greater impact. Trained in coaching techniques early in her career, Victoria has demonstrated that adopting a coaching approach to leadership and management consistently delivers better and more sustainable outcomes, achieved in a collaborative and harmonious way.

As a life-long advocate for improving outcomes that matter, Victoria has always worked for purpose driven companies. After her early career in the welfare-to-work sector and working for social housing and a social enterprise, Victoria returned to university to study MSc Environmental Governance at the University of Manchester with the aim of answering the question: Why do humans behave the way they do and why are governments and businesses not acting fast enough in the face of irrefutable scientific evidence? Following several successful projects and roles in the sustainability and renewable energy sectors, Victoria obtained her executive coaching certification and since then has been providing leadership development and coaching solutions to mission driven leaders and teams.

Victoria is a Chartered Manager Fellow and a member of the South East Regional CMI (Chartered Management Institute) Board. She is also an EIA Coach Practitioner and member of the European Mentoring & Coaching Council, operating by the global code of ethics. Victoria previously served on the Board of the Solar Trade Association (now Solar Energy UK), elected for her commitment to operational excellence and best practice.

Prior to that Victoria was part of the Steering Group for the carbon reduction plan for the City of Manchester (Manchester: A Certain Future) and was responsible for the delivery of the 2014 AGM held at Manchester Town Hall with the keynote address delivered by Tony Juniper and hosted by BBC environment correspondent Victoria Gill.

You can connect with Victoria here: <https://www.linkedin.com/in/victoria-ramsden-abb8a45/>