Every Training We Offer, In One Place.

Our full Learning & Development catalogue, organised by what each programme is designed to build. From leadership capability, to team cohesion, to everyday professional skill.

WHAT'S INSIDE

Leadership Development
Structured journeys and programmes for every career stage.

Team Development
Building trust, self-awareness and collaboration within teams.

Digital Competency Learning Solutions Solutions
Practical digital skills and AI readiness for the modern workplace.

Specialist & Compliance Training
Targeted training for specific organisational needs.

Personal & Professional Skills
Focused short courses building everyday leadership skill

01 LEADERSHIP DEVELOPMENT

Structured, multi-month journeys and standalone leadership programmes for every career stage.

INSPIRED LEADERSHIP — FIVE JOURNEYS

One system, five journeys

1 **Emerging Leaders** LEADER OF SELF · 6–24 MONTHS
For high-potential future managers & early-career professionals.
Modules: Leading Self · Leading High Performance · Leading Without Authority · Leading Business

2 **Manager to Leader** LEADER OF OTHERS · 4–5 MONTHS/PATH
Turning specialists into people leaders through coaching & digital learning.
Modules: Leading Self · Leading Others · Leading the Business

3 **Beyond Command** LEADER OF LEADERS · 6 MONTHS
For senior leaders & VPs — from command-and-control to authentic leadership.
Modules: Personality assessment & 360° feedback · 1:1 and group executive coaching

4 **IgniteHER** ACCELERATOR · FEMALE TALENT
Accelerating a diverse, resilient leadership pipeline for women leaders.
Modules: Digital learning · Facilitated coaching circles · Reflection journal · Peer network

5 **The Human Factor** ACCELERATOR · EARLY-CAREER TALENT
For grads, interns & freshers — the human skills of the workplace.
Modules: Building Your Best Self · Communicate & Connect · Professional Effectiveness · Delivering Business

LEADERSHIP FOUNDATIONS PROGRAMME

A structured leadership programme built around three progressive domains, combining digital learning, facilitated workshops and 1:1 coaching.

Leading Self

1. Personal Mastery
2. Emotional Intelligence in Leadership
3. Developing Learning Agility

Leading Others

1. Influencing Beyond Authority
2. Communication & Difficult Conversations
3. Innovation Leadership

Leading the Business

1. Inclusive Leadership
2. Critical Thinking & Problem Solving
3. Strategic Thinking

LEADING IN MULTI-GENERATIONAL WORKPLACES

Equipping leaders to bridge generational differences, spanning Boomers, Gen X, Millennials and Gen Z — and build cohesive, high-performing teams from shared understanding rather than assumption.

02 TEAM DEVELOPMENT

Purpose-built experiences that strengthen how teams understand and work with one another.

ENNEAGRAM TEAM WORKSHOP

A team-building experience that uses the Enneagram to build self-awareness, trust and collaboration within teams. We help you move teams from individual performance to a shared, high-performance way of working.

1

Assessment & Profiling

Establishing a foundational understanding of each team member's personality and the team's collective composition.

2

Individual Feedback

One-on-one sessions deepening each participant's insight into their own results, in a coaching-style conversation.

3

Team Dynamics Workshop Workshop

Translating individual insight into collective understanding — improving collaboration, communication and trust.

4

High-Performance Team Design

Co-creating a shared definition of high performance, embedded into practical, everyday team behaviours.

03 DIGITAL COMPETENCY LEARNING SOLUTIONS

Practical digital skills and AI readiness for today's modern workplace.

- Digital Competency Passport for the Workplace
- AI Essentials

04 PERSONAL & PROFESSIONAL SKILLS

Standalone short courses and skills workshops. These can be done individually or bundled into a leadership journey.

WELLBEING & PERSONAL EFFECTIVENESS

- Stress Management
- Wellbeing & Resilience
- Efficiency & Prioritization

COMMUNICATION & RELATIONSHIPS

- Building Relationships & Trust
- Authentic Brand & Presence
- Coaching & Mentoring Fundamentals
- Difficult Conversations & Feedback
- Presenting for Impact

LEADING TEAMS & CHANGE

- Developing Talent
- Leading Hybrid & Remote Teams
- Servant Leadership
- Leading for Peak Performance
- Change Leadership

BUSINESS ACUMEN

- Data-Driven Leadership
- Commercial Acumen

05 SPECIALIST & COMPLIANCE TRAINING

Focused, standalone training for specific organisational and regulatory needs.

ISO Standard Training
Practical training that builds organisational and team readiness for ISO certification and audit standards. Many organisations are particularly interested in the ISO 45003: Psychological Health & Safety at Work.

" Building capability at every level of your organisation. "

Insync Consulting
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