

# 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 and strengthens the capacity to lead in today's personally challenging world.

## LEARNERS WILL:

- Learn why Grounded Leadership is critical in today's disruptive business environment
- Understand the Six Dimensions of Grounded Leadership by assessing themselves 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 and Conscious is the new leadership imperative. This program challenges and inspires leaders to become more Grounded 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 or Live-Online:** 8 hours