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COURSE BROCHURE

Advanced Leadership through Self-Leadership Training Course

22 November – 3 December 2026
Manama

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Registered in the United Kingdom and Saudi Arabia

Advanced Leadership through Self-Leadership Training Course

Ref: 950_35979 **Date:** 22 November – 3 December 2026 **Location:** Manama **Fees:** 8000 GBP

Leadership through Self-Leadership is a 2-week training course for managers and team leaders who want to lead others by first governing their own attention, emotions, values and conversations, and who will leave with a self-leadership charter and feedback plan. As organisations flatten structures and expect leaders to model the behaviour they ask of others, inner discipline has become a visible part of the role. Jupiter Prime Training delivers Leadership through Self-Leadership as an applied, reflective course.

Why Leadership through Self-Leadership Matters Now

Three forces shape this subject today. Hybrid and distributed teams give managers less direct oversight, so their own consistency sets the tone. Employees expect leaders to explain decisions through stated values rather than position. Pressure and constant change test emotional steadiness every week. A leader who reads their own triggers, keeps promises and listens well builds trust that speeds decisions; one who does not spreads tension through the team. The course rests on established models: emotional intelligence EI, the Johari Window, 360-degree feedback and situational leadership.

Who Gains Most from Leadership through Self-Leadership

- Line managers responsible for the morale and output of a direct team
- Team leaders who coach colleagues and handle difficult conversations
- Project leads who influence peers without formal authority
- Function heads who shape behavioural norms across several teams
- Newly promoted leaders shaping their identity in a first senior role

A leadership group from one organisation gains most when several members attend together and agree shared norms for feedback and accountability.

Leadership through Self-Leadership Capabilities

Participants turn self-observation into habits others can see and rely on.

- Assess personal strengths, blind spots and stress triggers — how a leader shows up for the team
- Apply self-regulation techniques under pressure — decisions taken in tense meetings
- Specify personal values and translate them into conduct — trust from direct reports
- Design a routine for focus, energy and priorities — the leader's own capacity
- Communicate with assertive, empathic language — colleagues, peers and senior stakeholders
- Build a feedback loop that tests self-perception against others' views — ongoing growth

Key Leadership through Self-Leadership Terms

- Self-leadership — the practice of directing one's own thinking, motivation and behaviour toward chosen goals before directing others.
- Self-awareness — accurate recognition of one's emotions, strengths, limits and the effect one has on other people.
- Self-regulation — the ability to pause, choose a response and manage impulses instead of reacting automatically.
- Personal values — the few principles a person ranks highest and uses to judge choices and trade-offs.
- Johari Window — a model mapping what is known to oneself and to others, used to reduce blind spots.
- Feed-forward — future-focused suggestions on what to try next, rather than judgement of past behaviour.

Leadership through Self-Leadership Day by Day

Day 1: The Leader as Instrument

- Self-Leadership Concept — Why Leading Others Starts With Leading Oneself
- Leadership Shadow — How Personal Conduct Shapes Team Norms
- Hybrid Work Pressures — Reduced Oversight and Rising Visibility of Behaviour
- Trust Equation — Credibility, Reliability, Intimacy and Self-Orientation
- Baseline Self-Rating — Starting Point for Personal Development Choices

Day 2: Seeing Oneself Clearly

- Johari Window — Shrinking Blind Spots With Trusted Colleagues
- Strengths Profiling — Where to Invest Leadership Energy
- Personality Preference Models — Reading Style Differences Without Labelling
- Reflective Journalling — Turning Daily Events Into Insight
- Impact Mapping — How Habits Land on Different Stakeholders

Day 3: Emotions and Triggers

- Emotional Intelligence Model — Linking Feelings to Leadership Choices
- Trigger Inventory — Spotting Situations That Provoke Reactive Behaviour
- Amygdala Hijack Concept — Recognising Threat Responses in Meetings
- Emotion Labelling — Naming Feelings to Lower Their Intensity
- Body Signals Scan — Early Warning Before Tension Escalates

Day 4: Steadiness Under Pressure

- Pause-Choose-Act Technique — Responding Rather Than Reacting
- Cognitive Reframing — Replacing Unhelpful Thoughts in Setbacks
- Stress Response Curve — Finding the Zone of Productive Pressure
- Resilience Routines — Sleep, Recovery and Energy Planning
- Composure Rehearsal — Holding Calm in Crisis Briefings

Day 5: Values as a Compass

- Values Card Sort — Ranking the Principles That Guide Decisions
- Values-to-Behaviour Translation — Observable Conduct Others Can Expect
- Ethical Dilemma Cases — Weighing Competing Values in Healthcare and Banking
- Integrity Gap Analysis — Where Stated Values and Actions Diverge
- Personal Purpose Statement — Anchoring Long-Term Leadership Direction

Day 6: Focus, Priorities and Energy

- Eisenhower Matrix — Separating Urgent Noise From Important Work
- Attention Management — Protecting Deep Work From Interruptions
- Commitment Tracking — Keeping Promises Made to the Team
- Delegation Readiness Check — Letting Go Without Losing Accountability
- Personal Operating Rhythm — Weekly Cadence for Reflection and Planning

Day 7: Communicating From the Inside Out

- Active Listening Levels — Hearing Meaning Behind Words
- Assertive Language Patterns — Stating Needs Without Aggression
- Nonviolent Communication — Observations, Feelings, Needs and Requests
- Questioning Techniques — Opening Thinking in Coaching Conversations
- Nonverbal Presence — Voice, Posture and Congruence With Message

Day 8: Hard Conversations and Influence

- Difficult Conversation Framework — Preparing Purpose, Facts and Feelings
- Conflict Mode Profiles — Choosing Between Competing, Collaborating and Accommodating
- Situational Leadership — Matching Style to Colleague Readiness
- Influence Without Authority — Building Credibility With Peers
- Repair Conversations — Restoring Trust After a Misstep

Day 9: Feedback as a Growth Engine

- 360-Degree Feedback Design — Selecting Raters and Questions
- Receiving Feedback Model — Separating Signal From Defensiveness
- Feed-Forward Method — Asking for Future-Focused Suggestions
- Giving Feedback With SBI — Situation, Behaviour and Impact
- Development Contract — Agreeing Follow-Up With a Peer Partner

Day 10: Practising the Self-Leadership Charter

- Values and Triggers Synthesis — Drawing on Earlier Self-Insight
- Composure Role Play — Applying Regulation Techniques in Live Scenarios
- Peer Coaching Triads — Testing Communication Habits With Observers
- Feedback Loop Calendar — Scheduling Checkpoints for the Next Quarter
- Self-Leadership Charter and Feedback Plan — Final Draft and Peer Critique

Applying Leadership through Self-Leadership After the Course

- Run a short 360-degree feedback round with five colleagues and compare results with the Johari Window insights from the course.
- Hold a team session that shares your top three values and the behaviours colleagues can hold you to.

Leadership through Self-Leadership Questions FAQ

What is Leadership through Self-Leadership and why does it matter now?

It is the discipline of managing your own awareness, emotions, values and communication so that others can trust and follow you. It matters now because distributed teams and constant change make a leader's personal consistency the most visible signal of how the team should behave.

Which roles gain most from Leadership through Self-Leadership?

Managers and team leaders who coach others, handle tense conversations or lead without formal authority gain most. Function heads also benefit, because their conduct sets behavioural norms that spread across several teams.

How does Leadership through Self-Leadership differ from a general leadership skills course?

It starts inside the leader rather than with team processes. A general leadership course covers delegation, planning and performance systems; this subject works on self-awareness, regulation and values first, then builds communication and feedback habits on that base.

What do you bring back from Leadership through Self-Leadership?

You bring back a written charter of your values, triggers and behavioural commitments, together with a schedule of feedback checkpoints. Both can be shared with your manager and team to make your development visible and accountable.

Leadership through Self-Leadership: The Way Forward

The self-leadership charter and feedback plan first informs how a leader opens the next team meeting and which commitments they state aloud. Direct reports, peers and the leader's own manager use it to hold that leader to agreed behaviours. After the first feedback round, revisit the values ranking and trigger list, since real reactions often reveal priorities that reflection alone missed.