

INCLUSIVE LEADERSHIP

Know yourself, improve your relationships and become an inclusive leader!

Our personality is the key to understand how we relate to the world. Knowing ourselves in depth and developing ourselves, is fundamental to unleash our full potential.

This way, we will improve the interrelations by tempering our automatic reactions to obtain the maximum of ourselves and the team we interact.

EMBRACE AN INCLUSIVE LEADERSHIP STYLE THROUGH OUR REMOTE COACHING PROGRAM FOR PROFESSIONALS

Given that there is a close relationship between the leadership style itself and our personality, by unlocking our potential, we add previously reserved options.

Furthermore, knowledge of our boundaries will facilitate complementarity with other team members who have different personality and styles. The ultimate goal is to become more balanced from the human point of view, more tolerant in relationships with others and finally happier

1

SELF-KNOWLEDGE

You will discover the driver of your personality and how it affects your relationships

3

SELF-DEVELOPMENT

You will turn into habits best practices of relationship by repetition.

A PROGRAM THAT SUITS YOU:

ONLINE: remote option.

MIXED: Feedback in person

2

SELF-ACCEPTANCE

You will identify positive behaviours, value them and learn to develop them.



ECOACHING PROGRAMME

- 12 weeks / 3 months
- 4 feedback sessions
- 7 exercises
- 1 action plan



SELF-DISCOVERY

Previous session of introduction and understanding of the program.

- We identify our values and how they influence us on a day-to-day basis.
- We recognise the emotions associated with our values and how they generate automatic reactions.
- We identify our profile of distinctive qualities and their associated positive behaviours



SELF-ACCEPTANCE

Session for the identification of the personality driver and its impact on relationships. The positive effect of the anti-driver.

- Lifeline. A narration of the critical moments of emotional impact, and their influence on our development as a person.
- Reinterpretation. We consciously separate the actors (my counterpart and I) from the elements (relationship and content).



SELF-DEVELOPMENT

Follow-up session

- Unlocking. Role-playing to develop the capabilities that our driver blocks, imagining how other alternative personalities would act.
- Reinforcement. Intentionally repeating those behaviours that we want to incorporate, we convert them into habits.

Session for the definition of the action plan and closing.



RICARDO ZAMORA

Researcher, consultant, trainer, and coach
Specialist in distributed leadership and teams
Creator of the Cooplexity Method
Tel. +34 615 122 389
www.ricardozamora.com

