



LEADERSHIP AND LIFE WITH INTEGRITY



A course to develop you as a person; as a leader; and as an influencer of others. How we gather our thoughts and then communicate them to others is a key leadership and life skill. Leadership is a brain to brain activity and this course brings learning from neuroscience to explore what causes us to think in certain ways; what makes others think differently; and how you can create the message you want that travels from your brain to another's brain. In essence how to be a compelling communicator.

THIS LEADERSHIP AND LIFE WITH INTEGRITY COURSE IS 12 DAYS OF DEEP LEARNING OVER EIGHT MONTHS TO ENABLE YOU TO:

DISCOVER more about yourself; your motivations and what you want to achieve in leadership and life.

EXPLORE how others tick; and how you can work with them towards their outcomes.

ENABLE you to stand back and think strategically to assess the wisdom of your thoughts and intended actions.

“A LIFE AND CAREER ENHANCING COURSE. THE **BEST VALUE** LEARNING I’VE EVER HAD. I CALLED IT AN MBA ON **BEING HUMAN.**”



ON THIS COURSE YOU CAN DISCOVER WITHIN YOURSELF THE **LEADER AND PERSON THAT YOU WANT TO BE.** YOU WILL PUT WHAT YOU LEARN INTO PRACTICE.

FIRST - TO KNOW YOURSELF.

You will experience approaches that focus on learning about yourself. Explore your beliefs that enable you to achieve; as well as beliefs that may hold you back. You will set clear outcomes and be able to apply well-formed approaches to achieving these. This ability to visualise and express what your success looks like is crucial to being able to describe it. It needs to make sense to you before it can make sense to others.

SECOND – UNDERSTANDING HOW OTHERS THINK.

Not everyone thinks the same and reading someone else's thinking strategy can help you build connection with them. Develop your ability to empathise and

second position others. Explore the neuroscience of different peoples' thinking strategies. Learn how to build rapport with those different to you and therefore increase your influence.

THIRD - THINK AND BEHAVE STRATEGICALLY.

Develop ways of standing outside and looking at the advantages and risks involved in the choices available to you; to others; and to organisations. Develop the flexibility to change your thinking and behavioural choices to get your outcomes. Hone your ability to communicate your vision clearly and act with integrity to ensure that your ideas are compelling to others.

LEARNING WITH US.

You will join a selected group of people and work closely with Sharon Milroy, Course Director, who is your experienced and supportive facilitator.

You will be given time and space to explore and develop your self-awareness and shape how you want to be in the future. You will build your resilience to respond to changes and life's stresses and challenges. You can become an even more resourceful person.

With a course buddy you will review your progress and then coach each other to success. Your personal learning record will help you log the progress you have made and keep you on track to integrate your learning into everyday practice. This is an applied learning course.

At the end you will consolidate your learning and celebrate your progress and know how you will apply this in the future.

Most delegates will have attended an intro day before they start the course.

There are six modules on this 12 day programme which takes place in the rural setting of Ridgmont in Bedfordshire.



Sharon Milroy

Each module focuses on a particular area and you are encouraged to put your learning in to practice to get it "in the muscle". Between modules there is a short 1-2-1 check-in phone call to share feedback on your progress.

The final module is an integration of all that you have learned allowing you to demonstrate your new capabilities as a leader.

The course teaches a wide selection of leadership skills and in particular the powerful techniques of NLP (Neuro Linguistic Programing) and will draw on learning from neuroscience to understand behavioural modelling.

This is an ANLP accredited NLP Practitioner Certificate.

To reserve your place or ask questions please email: sharon@sharonmilroy.co.uk or call on **07769906312**.

DATES FOR THE COURSE MODULES ARE AS FOLLOWS:

Module 1 September 12 and 13

Module 2 October 17 and 18

Module 3 November 28 and 29

Module 4 January 9 and 10

Module 5 February 6 and 7

Module 6 March 28 and 29

Costs are £2,995 + VAT for the full course. This includes refreshments, great meals and all materials, venues and guest lecturers. For individuals for whom advance payment is an issue you may pay 1 module in advance (£250 per day). Anyone not claiming back costs from a company or sponsor will be refunded the VAT element of the course by Fields of Learning.

To increase the learning dynamic and help create bonds that can last a lifetime, we suggest one shared evening meal in each module. For those staying overnight, meals and accommodation are at your own cost, local B&B and hotel accommodation recommendations are available.

“THE WHOLE COURSE FOLLOWED LOGICALLY AND THINGS FELL INTO PLACE. IT WAS UPLIFTING AND FUN. IT BECAME MORE THAN THE SUM OF THE PARTS.”

