

# Leadership Development Training: Unleashing Inside-Out Leadership Skills

## 1. Type of Training Programme

Management is not just for managers, leaderships not just for leaders. We all manage, and we all lead as we progress through our life. Self-management is the management of oneself i.e. taking care of responsibility for your own behaviour and well-being. Self-management skills are fundamental for empowering us in whatever capacity we are functioning. The training is a masterclass programme, building on your knowledge and experience as a leader and challenging what you know and think about leadership. This comprehensive masterclass Leadership Development Training Programme is not about how to lead, what are good leadership criteria etc. which you have already acquired in your job role as a leader. This masterclass Leadership Development Training Programme is all about your own leadership of yourself as a wholesome person – the inside-out leadership development processes of how you as a leader develop – what are your inner resources and strengths that lie within which enable you to thrive as a leader under pressure including your self-esteem, self-confidence, self-compassion – all about your innermost self that will make or break you as a leader. The Masterclass Leadership Development Training Programme serves as an integral part of the MBA elective module pathway to develop personal leadership skills and is HRDF (Human Resource Development Fund) registered training programme.

## 2. Training Objectives

We are going to set aside some time for a process of self-inquiry during the 2-day in-person training simply to hear one another, to share insights on influential leadership and allow opportunity to talk about our leadership experiences in the driver's seat of our own leadership path "Lead with storytelling" - What we care about? What we want to talk about? What are our personal frustration of no one ever wants to hear our stories/views? Then we will begin reflecting and discussing evidence-based ACTraining (Acceptance and Commitment Training) where we could all come together to a bigger story at the heart of our leadership development in opening a floodgate of thinking/emotions and meaning/ purpose - an ongoing continuous journey of a never-ending puzzle filled with precious jigsaw pieces. Will we find transformation? How will we become fully alive, mindful and effective as a leader? Where will we find hope and opportunities for change amidst our emotional vulnerability and conflicts? Minds are like parachute. If they are closed, they would not hold you up. Opening up inwardly in yourself, you will find you possess exactly what it is you desire as a leader. The training sessions itself will be FUN: F = Freely, U = Unselfconsciously/Unconditionally, N = Naturally.

## 3. Skills Area

- To develop and manage yourself as a person and improve your self-confidence, self-esteem and self-compassion - "Lead Yourself First – Inside Out."
- To cultivate a growth mindset that serves as a framework of leading change that you would like to be and work on adjusting and adapting to diversity and differences – "Springboard change of minds, hearts and behaviour."
- To acquire psychological flexibility skills based on six processes of ACT approach (Acceptance and Commitment Training) to be ingrained in every aspect of resilience training process to turn adversity/challenge into a resource of practicability and workability - "A reed in the wind".
- To have an impact on Positive Change Transformation and Self-empowerment in value-based leadership – "Benefit finding in positive consequences of negative events."

- To gain insights of self-leadership, giving a sense of vitality, meaning and fulfilment – your sense of perspective as a leader “Something you do with people, not to people.”

4. Duration

- A 2-day in-person Training Workshops

5. Target Group (by designation)

- Executives
- HR Directors
- Leadership coaches
- Managers
- Team Leaders
- Supervisors
- Headmasters / Teachers
- Youth
- MBA Course / related courses

6. Targeted Industry/Industries for the course

- Public and Private Organisations
- MBA Course Elective Module
- Leadership Training “Train-A-Trainer”
- Personal Development for youth, headmasters/teachers and employees

7. Certification (please state the certification body if applicable and the supporting body).

- Certification Training – Certificate of Attendance  
Continuing Professional Development (CPD)  
Related Course Certification

8. Training Facilitator:

**Dr S. H. LUA**

*DPhil (Oxford), AFBPsS, FRSA, CSci, CPsychol*

*ACT Practitioner & Facilitator*

*HRDF Certified Trainer*

***Director of Training & Programme Development***



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For more than three and half decades, Dr S H Lua has continuously brought enthusiasm, positive insights, passions and mindful compassion in her work as applied psychologist and trainer – working in practice is what really matters “Walk the Talk” with professionalism and integrity. She also holds post-qualification British Psychological Society Register of Applied Psychology Practice Supervisors (RAPPS). She strongly believes in hands-on, well-informed, pragmatic and value-based leadership approach in prime the pump – taking action and making good things happen. She is committed in promoting and advancing psychological wellbeing within inclusive practice. She is a passionate advocate of Psychological Wellbeing ACTraining (Acceptance and Commitment Training) in the workplace, as the saying goes, ‘Give a man a fish, and you feed him for a day. Teach a man to fish, and you feed him for a lifetime.’ As an ACTraining Facilitator and HRDF Certified Trainer, her objective in developing leadership mentality is to ‘open the door for you, not only to realize that the door has been unlocked but you must walk through it yourself since you need to sense what is going on beneath the surface of yourself for ‘knowing is not enough, you must apply; willing is not enough, you must do.’ She strongly believes that ACTraining needs to be more accessible and available to Leadership Development Training Programme as part of occupational mental health policy and practice.