TRAINING PROGRAMME

Leadership development

hygge
Organizational Mental Health Promotion Project
By João Paulo Pereira

8 HOURS / IN PERSON OR ONLINE

Develop conscious leadership that aligns goals, mobilises people and supports healthy working conditions. A practical learning path in self-awareness, communication and decision-making.

Objectives

- Recognise your leadership style and its effects on the team.
- Communicate goals, delegate and give clear feedback.
- Manage priorities and conflict while remaining attentive to people.
- Define a development plan with follow-up indicators.

Themes and training dynamics

60 min	**Self-awareness and the leader's role**	Self-reflection and case discussion: values, strengths and limits.
90 min	**Communication and trust**	Active listening and feedback conversations rehearsed in pairs.
90 min	**Delegation and priorities**	Decision simulation: assign responsibilities and balance workloads.
90 min	**Conflict and team health**	Role-play a difficult conversation; identify signs of overload.
90 min	**Leadership lab**	Resolve a team challenge with structured peer feedback.
60 min	**Development plan**	Define actions, indicators and a final learning assessment.

Build a leadership plan with concrete actions for your team.

Lead with clarity and human purpose.

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