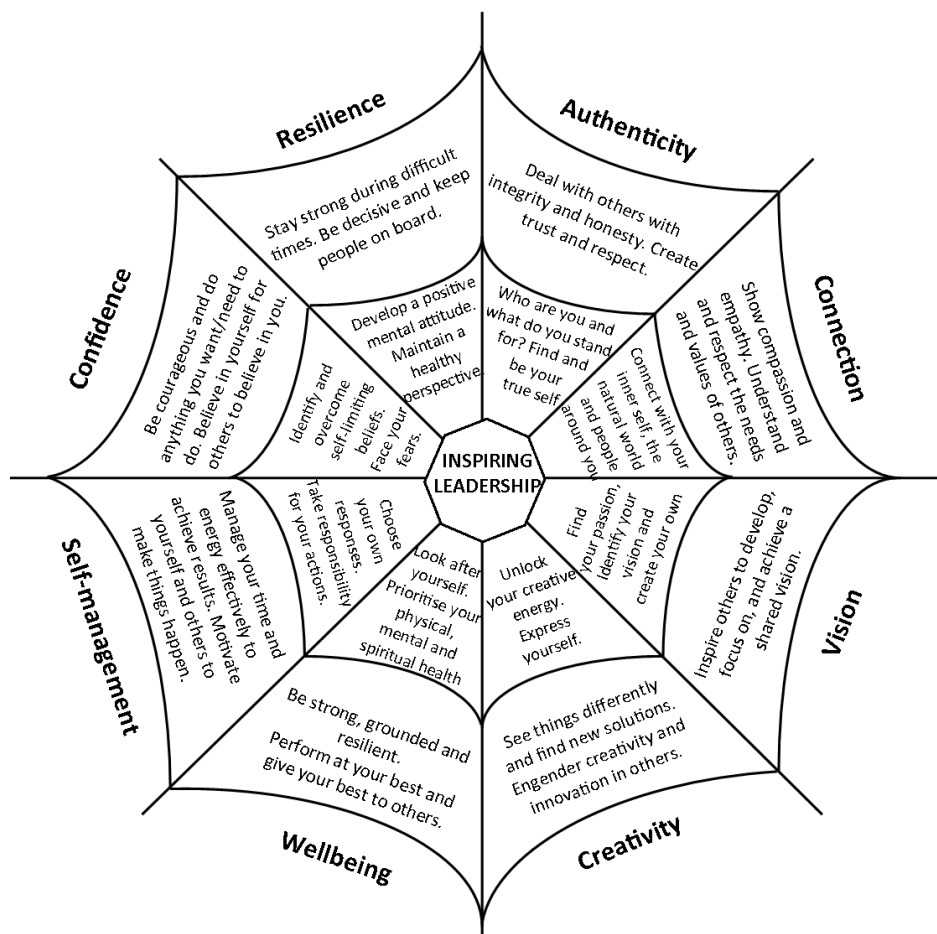


SpiderWeb Programme

Inspiring Leadership

Effective leadership requires us to understand and manage our physical, mental, emotional and spiritual energies in order to inspire and motivate others. This unique programme offers a journey of self-awareness, personal development and self-mastery, to make you an inspired and inspiring leader.

The SpiderWeb Programme is based on the 8 essential threads of inspiring leadership and the connections between them. A spider's web is gossamer thin yet stronger than steel. Its strength comes from the interconnectedness of all its elements. Similarly, the SpiderWeb Programme builds on the internal skills which combine to create a strong leader who is effective in all aspects of their life and work. While the inner wheel represents our internal selves, the outer wheel represents how we relate to and affect others around us:



What does the SpiderWeb programme involve?

This highly experiential programme provides valuable time and space to look at ourselves and the way we work in a new light. A safe and supportive environment with strong peer support will be created so that everyone gets the most out of the programme. Underpinning the programme is the use of TetraMap® - a simple but powerful profiling tool which uses nature as a metaphor to help us understand ourselves and others as well as looking at situations and challenges from different perspectives to give a holistic view.

The holistic nature of the programme will engage body, mind heart and spirit in the learning process, and we'll participate in a diverse range of challenging and enjoyable activities which generate deep and powerful learning which will be sustained long after the programme ends. These include reflective journaling, creative activities, and outdoor tasks. A key focus of the programme is learning in and from nature, and so we'll spend time in rural surroundings and look to nature for lessons and metaphors.

What will I get from the SpiderWeb programme?

You will leave the programme feeling inspired, energised, focused and ready to be an outstanding leader with:

- A strong sense of who you are, what you stand for, and how this underpins your leadership style
- Self-knowledge and the confidence to be yourself and to be an authentic leader
- An understanding of your own behavioural preferences and the ability to make the most of these
- The ability to build trust, capture hearts and minds, and to motivate and inspire others
- A clear vision for the future of you, your team, or your organisation and the ability to communicate this successfully to others
- Resilience and a positive mental attitude when dealing with challenging or difficult situations
- The ability to identify and overcome self-limiting beliefs
- A commitment to looking after your own health and wellbeing in order to be physically and emotionally strong
- A creative mindset and a set of practical tools to help you to be more creative
- Valuable techniques to enable you to manage yourself, your time and your energy
- Self-belief and confidence in yourself as a leader and person of influence
- Energy and enthusiasm, ideas and inspiration, and priorities and plans for the future
- A supportive peer group for ongoing support, advice and learning

Who is the SpiderWeb programme for?

This programme is designed for leaders and potential leaders at all levels within organisations, as well as those who want to build their confidence and skills to become more influential outside of their workplace. It provides a powerful learning journey for anyone who wants to develop their self-awareness, self-confidence and self-mastery to become stronger, more effective leaders, whether in or outside of work, and whether they manage people or not.

How is the SpiderWeb programme delivered?

The programme is made up of:

- Eight days of group learning - four modules of two days each
- Three one-to-one coaching sessions
- A personal project which is undertaken throughout the programme

The learning journey takes place over 4-6 months, usually structured with one month between each module, and the coaching sessions taking place between the modules as follows:

Module 1 **Understanding ourselves**
Introduction to the SpiderWeb model and programme
Personal objectives for the programme
Building self-awareness
Personal preferences and behavioural styles
Personal values
Personal leadership challenges

Coaching session 1

Module 2 **Understanding our impact on others**
Leadership styles
Building mutual trust, compassion and respect
Influencing, motivating and inspiring others
Developing and communicating a vision

Coaching session 2

Module 3 **Managing ourselves**
Overcoming self-limiting beliefs
Managing thoughts, feelings and behaviour
Managing focus and priorities
Managing personal energy
Looking after ourselves

Coaching session 3

Module 4 **The Future**
Learning review
Sharing projects
Planning and prioritising for the future
Personal action plans

How to take part:

To talk to us about running the **SpiderWeb Programme** in-house for your organisation, or to find out when you can book on our next open programme:

Ring Nicki on **01373 837333** or **07792 788175** or email nicki@salt-box.co.uk

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