

90 Minute Leadership



OD recognise the challenges our leaders have in managing time constraints and setting aside time for development activities. Short, intensive development sessions can be a useful way of learning. Rather than spending a full day covering a relatively wide range of topics, our "90 Minute" leadership sessions will focus on specific topics, concentrating on key issues rather than the broader picture. The next session is:



"BEING A KIND AND EFFECTIVE LEADER"

I'm sure we all agree that kindness is a virtue, it is beneficial for us, leaders and followers alike. It triggers a release of Dopamine, the 'Happy Hormone' in our bodies, to make us feel positive and energised, it promotes a sense of self affirmation that reinforces self-esteem and has also been shown to slow the ageing process!

However despite the widespread benefits, there is a popular belief that kindness is a sign of weakness. Leaders who are referred to as being 'Too nice', could be perceived by some as being "a soft touch". Alternatively, I've heard it said "that wasn't very kind" when someone was given potentially critical but valid feedback. This webinar will take a practical approach to this topical and relevant subject. The desired outcome of the webinar is to promote reflection and identify practical strategies to model kindness, not weakness and plan to put these into practice. Specifically the webinars will encourage us to:

- recognize the potential benefits kindness may bring to our approach to leadership in our work environment.
- reflect on the "kindness quota" of our current leadership behaviour.
- identify current approaches we want to retain & develop and new ones we want to put in place.
- consider the skills these require.

It is intended that participants will leave with a practical "take away" and a motivation to learn more. This is a pragmatic session based on sound theory but focusing on its practical, everyday application, in an interesting and enjoyable way.

Speaker – Sue Simpson

Date – Thursday 28th November at 3.30pm

Register for the session – <https://link.webropol.com/ep/onlineleadershipkindandeffectivleadernovember2024>