

## Holistic Leadership In-house Programme Outline

This comprehensive, transformational leadership programme involves learning in, with and from nature to help participants tap into their leadership potential, confidently embrace their role as a leader, and act on it by leading from where they are so that they can make a positive difference within their organisation and in the world around them.

The programme is centred around the Holistic Leadership model, which recognises that everyone can be a leader, regardless of position or role, and enables people to become more effective leaders through developing their inner awareness, identifying and addressing their own narratives about themselves and about leadership, and using their unique gifts and talents to take concrete action which makes a positive difference both within the organisation and outside of their work.



**Holistic Leadership** is built around TetraMap and the leadership elements of Courage (Earth), Wisdom (Air), Compassion (Water) and Vision (Fire). It rejects traditional and patriarchal concepts of a leader as someone who is strong, confident and heroic, or who holds power and authority within a structure or hierarchy and embraces an emergent, love-inspired leadership built on co-operation, sharing, and empowerment. Holistic Leadership is founded on the principle that a leader is someone who is guided by truth and compassion and has the humility and courage to do the right thing. [Click here to download the Holistic Leadership model](#)

During this unique and powerful programme, participants connect with themselves, with their colleagues, and with nature's wisdom to take a journey of awakening, awareness, discovery, and empowerment. The group develops as a mutually supportive learning community where participants support and challenge each other, and learn as much from each other's experiences as they do from their own.

The Holistic Leadership programme takes place over a period of 5 months and is delivered through a combination of 6 online workshops, TetraMap profiles, 3 individual coaching sessions, one-to-one learning buddy conversations, and a series of nature-based and creative activities which are completed during the period between the workshops.

Participants each receive an inspiring pack of materials and resources to use during the programme. Online workshops are held roughly 3 weeks apart to enable participants to carry out self-directed activities between workshops.

<b>Preparing the ground</b>	Pre-programme activities	<ul style="list-style-type: none"> <li>• Receive resources packs and begin the journey</li> </ul>
<b>Module 1: Sowing the Seeds</b>	Workshop 1	<ul style="list-style-type: none"> <li>• Introducing the programme.</li> <li>• Exploring the Holistic Leadership model.</li> <li>• Understanding the TetraMap elements.</li> <li>• Getting to know each other.</li> </ul>
	Self-directed activities	<ul style="list-style-type: none"> <li>• Understanding our elemental self</li> <li>• Exploring Holistic Leadership</li> </ul>
	Coaching session	
<b>Module 2: Growing Fire</b>	Workshop 2	<ul style="list-style-type: none"> <li>• Review of learning/experiences from module 1.</li> <li>• Exploring the Fire element and its role in leadership. Growing creativity and vision.</li> </ul>
	Self-directed activities	<ul style="list-style-type: none"> <li>• Creating your vision for the future</li> </ul>
<b>Module 3: Developing Air</b>	Workshop 3	<ul style="list-style-type: none"> <li>• Review of learning/experiences from module 2.</li> <li>• Exploring the Air element and its role in leadership. Cultivating knowledge and wisdom.</li> </ul>
	Self-directed activities	<ul style="list-style-type: none"> <li>• Developing wisdom and sharing it with others</li> </ul>
	Coaching session	
<b>Module 4: Nurturing Water</b>	Workshop 4	<ul style="list-style-type: none"> <li>• Review of learning/experiences from module 3.</li> <li>• Exploring the water element and its role in leadership. Nurturing compassion and relationships</li> </ul>
	Self-directed activities	<ul style="list-style-type: none"> <li>• Nurturing compassion and building your relationship ecosystem</li> </ul>
<b>Module 5: Building Earth</b>	Workshop 5	<ul style="list-style-type: none"> <li>• Review of learning/experiences from module 4.</li> <li>• Exploring the Earth element and its role in leadership.</li> <li>• Building courage.</li> <li>• Stepping into your power.</li> </ul>
	Self-directed activities	<ul style="list-style-type: none"> <li>• Building Courage and taking decisive action</li> </ul>
	Coaching session	
<b>Module 6 Harvest and regeneration</b>	Workshop 6	<ul style="list-style-type: none"> <li>• Review of programme learning.</li> <li>• The road ahead. Making it sustainable.</li> </ul>