

# Regenerative Leadership

5-Week Coaching & Training Programme



 Know You More

Regenerative Leadership

## Leadership that's fit for the 21st century.

Now more than ever, a new approach to leadership is needed for businesses, people, and the planet to flourish.

Regenerative Leadership provides a systemic and holistic framework for building agile, thriving organisations and teams.

Our learning methodology combines theoretical and practical knowledge. It's designed to equip leaders with a model they can apply to address the interconnected challenges of today.



## Who is our programme for?

Anyone who's passionate about initiating positive change.

In particular, this programme is designed for established and emerging:

- People leaders
- HR
- professionals
- Social enterprise,
- not-for-profit and
- B-Corp leaders
- Education leaders
- Coaches

## Learning methodology

Our programme combines synchronous and asynchronous online learning to create an engaging experience that's uniquely tailored to the needs of each participant. You will:

**Learn collectively** as part of a diverse cohort of leaders.

**Learn with your personal coach**, to identify ways of applying theoretical knowledge to your unique situation.

**Learn individually** through self-reflection assignments, tools and practical resources



## Programme curriculum

<b>Onboarding</b>	Start	<ul style="list-style-type: none"> <li>• Onboarding pack</li> <li>• Create your profile on the Know You More platform</li> <li>• Join our Slack community &amp; introduce yourself</li> </ul>
<b>Group coaching</b> <b>Session 1</b>	Week 1	<ul style="list-style-type: none"> <li>• Defining Regenerative Leadership</li> <li>• Why is Regenerative Leadership important in today's world</li> <li>• Bridging the Complexity Gap Habits of a Regenerative Leader Key learnings to succeed as a Regenerative Leader</li> </ul>
<b>1:1 Coaching sessions</b>	Week 2 + Week 4	<ul style="list-style-type: none"> <li>• Setting your goals and intentions Your individual action plan</li> <li>• Tools and resources provided by your coach and tailored to your unique situation and goals.</li> </ul>
<b>Reflective assignment 1: Self-Awareness</b>		A reflective assignment focused on you and your growth, correlated to your 1:1 coaching.
<b>Reflective assignment 2: Self-Care</b>		A reflective assignment focused on you and your growth, correlated to your 1:1 coaching.
<b>Group coaching</b> <b>Session 2</b>	Week 3	<ul style="list-style-type: none"> <li>• Choosing your passion</li> <li>• How to take action and succeed Creating your action plan Defining next steps</li> </ul>
<b>Programme conclusion</b>	Week 4	<ul style="list-style-type: none"> <li>• Certificate of completion</li> <li>• Continued access to the Slack community</li> </ul>



# The six principles of Regenerative Leadership

## **Strategic Leadership**

A strategic leader is someone who plans for the future using tools to consider a range of alternative possibilities.

## **Caring Leadership**

Leadership that is driven by a moral compass and demonstrates concern for the well-being of all living beings, including humanity.

## **Systemic Leadership**

Systemic leadership is understanding the interconnectedness and interdependence of the entire system. A leadership that fosters interdisciplinary solutions to complex issues.

## **Inclusive Leadership**

Inclusive leadership or being self-aware and empathetic, along with an exceptional level of emotional intelligence. You empower others and foster diversity.

## **Innovative Leadership**

Innovative leadership actively replaces and transforms existing systems for the betterment of nature, society, and the economy.

## **Courageous Leadership**

Leadership that is courageous and ready to stand up for what is right and challenge the prevailing status quo, regardless of the personal or professional costs involved.

# Meet the co-hosts



**Camilla Degerth**

Camilla is a Professional Leadership & Team Coach (PCC and ACTC with the ICF) with extensive experience from working and living across three continents supporting professionals, emerging leaders and executives through times of change. She invites life-affirming topics such as climate awareness, equality and inclusion and belonging into her conversations.

[LinkedIn](#)



**George Warren**

George is a coach, supervisor, and mentor coach who takes a thoroughly modern approach to coaching. A popular theme in his work is helping people to find clarity around their purpose in and outside of their careers. George works especially well around the 21st century topics of authenticity, imposter syndrome, communication, work/life balance, navigating difficult conversations and career happiness, and our unfolding relationship to the climate and ecological crisis.

[LinkedIn](#)



# Insights

Hear from Camilla and George

 [Listen here](#)

Unlocking the Power of Regenerative Leadership with Camilla Degerth on The Breakout Room Podcast.

 [Read here](#)

What is Regenerative Leadership?

 [Read here](#)

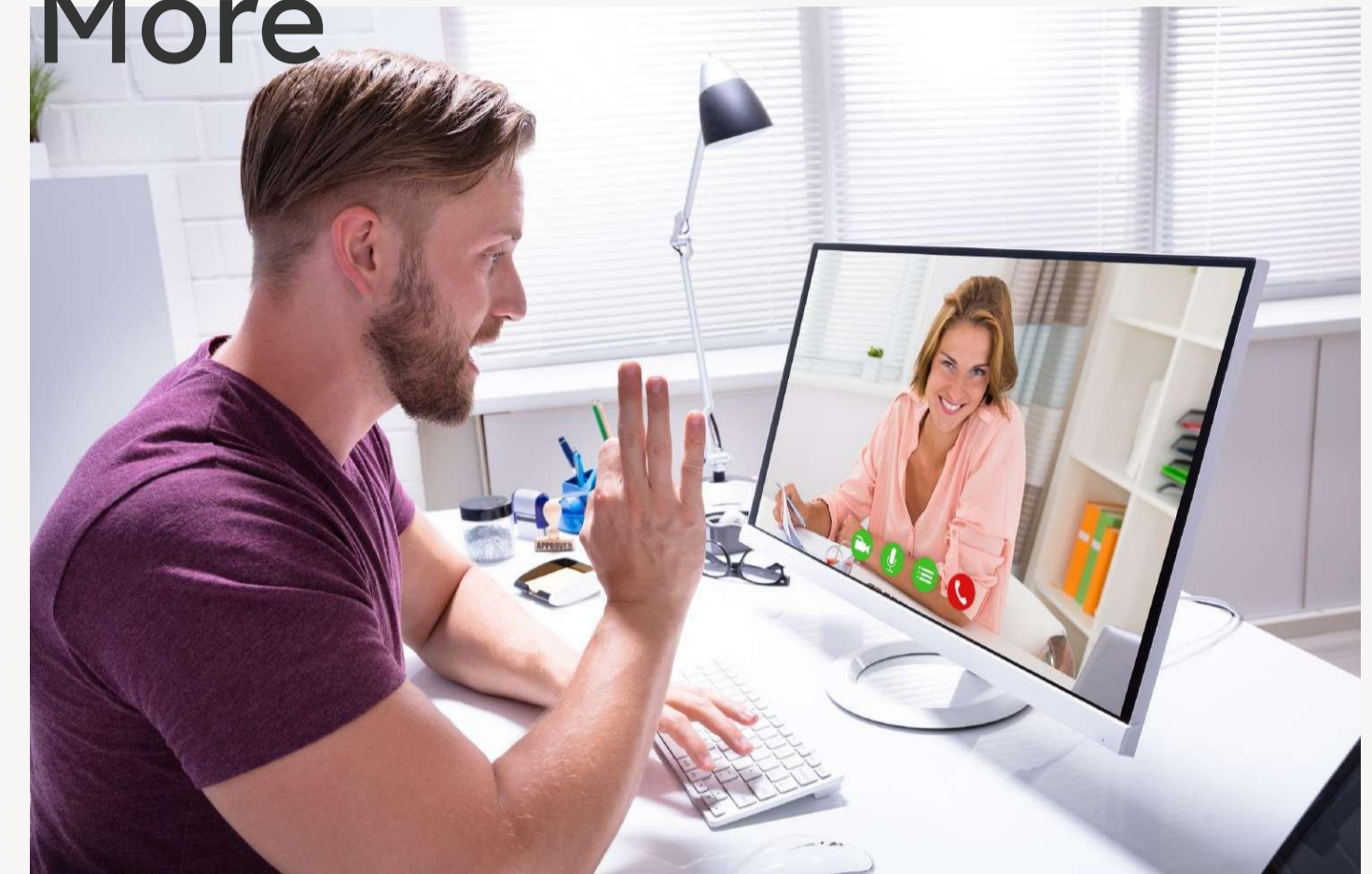
Regenerative Leadership: Introduction and insights with Camilla Degerth - The Breakout Room | Podcast on Spotify

 [Listen here](#)

**Do you have a question about this programme?**

Get in touch at [team@knowyoumore.com](mailto:team@knowyoumore.com)

# About Know You More



Know You More is the leading socially-driven coaching and training provider. We have been providing coaching, training and coach hosting since 2017. At the heart of what we do is a global community of experienced, multicultural, professional coaches.

Know You More exists to equip young adults with the skills, behaviours, and confidence to make their impact in the world. Our free coaching initiative Level Up has provided coaching to 500+ young people so far.

Find out more on our website and LinkedIn.



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