

Leadership Intensive



3-Day Transformational Leadership Development Programme

The Art of Leadership. The Science of Growth.

Programme Overview

Transform managers into confident, effective leaders through practical tools, proven methodologies, and neuroscience-backed strategies. This intensive programme perfectly integrates evidence-based leadership science with the organic art of personal growth.

Target Audience

New and existing managers/leaders seeking to enhance their leadership effectiveness and drive organisational performance.

Delivery

3-day intensive programme (consecutive days or spaced across weeks) with bespoke design incorporating client-specific challenges and case studies.

***PLUS - 2 X 1 Hour 1:1 Coaching Sessions per person**

Investment

Programme Rate: €2,500 per person

30% discount Skillnet discount available to eligible companies

All programmes include materials, assessments, psychometric profiling, digital resources, and coaching support

Expert Facilitators

Denise O'Brien

Award-winning organisational change expert with 30 years' experience, Network Ireland Limerick 2025 Networker of the Year. Accredited MBTI and Insights Discovery practitioner, ICF ACC coach.

Stacy Franklin

Lean Transformation expert with Lean Black Belt certification, lectures on UL's Master Black Belt programme. Specialises in practical-based training that saves organisations millions in resource costs.

Dr. Áine O'Dea PhD

Neuroleadership expert, internationally-renowned coach, EMCC-accredited, certified EQ-i 2.0 practitioner. Specialist in neuroscience-based, research-led leadership development.



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SKILLNET PARTNERS



PROGRAMME STRUCTURE



DAY 1: SELF MANAGEMENT - The Self-Aware Leader

- Personal Leadership Assessment using Insights Discovery profiling
- Emotional Intelligence for Leaders
- Growth Mindset and Resilience Development
- Personal Impact and Influencing Skills

DAY 2: TEAM MANAGEMENT - Lean Leadership Principles

- Lean Performance Management
- Effective Delegation with Lean Thinking
- Building High-Performing Teams
- Continuous Improvement Mindset

DAY 3: NEUROSCIENCE OF CHANGE - Leading Transformation

- Understanding the Neuroscience of Leadership
- Building Trust and Psychological Safety
- Leading Organisational Change
- Goal Setting with Neuroscience-backed Implementation

PROGRAMME OUTCOMES



Participants will gain:

- Tools: Comprehensive leadership toolkit and Lean management frameworks
- Confidence: Enhanced self-awareness and leadership presence
- Awareness: Understanding of team dynamics and neuroscience of influence
- Change: Ability to lead transformation effectively
- Improvement: Continuous improvement mindset and processes
- Influence: Strengthened stakeholder management and impact

PROGRAMME INCLUSIONS



- ✓ Insights Discovery psychometric profiling and personalised report
- ✓ Comprehensive leadership toolkit and resources
- ✓ Pre and post-course self-assessment
- ✓ 90-day implementation plan
- ✓ 1:1 coaching session between modules
- ✓ Final coaching session one month after completion
- ✓ Digital resource library with templates and guides
- ✓ Certificate of completion
- ✓ Access to ongoing peer network support

Contact:

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