

# Leadership Within

This thought-provoking programme effectively explores your own **personal leadership potential**. Through a series of eye opening activities, you'll develop your awareness to define what makes you unique, and how developing your self-intelligence can lead to a **richer, healthier and balanced life**.



## Workshops

### Who Are We, Really?

The way you interact with others largely stems from your values, beliefs and leadership of yourself. By exploring what these are, you'll be equipped to build better relationships, have productive communication and have difficult conversations in a healthy way. Let's get into it!

### Who Are You, Really?

This insightful workshop will offer a fascinating glimpse into how each of us thinks, feels and processes our world. Awareness of how we think and feel is a great step toward having personal knowledge and self-intelligence, allowing us to make sound, balanced choices in any situation. Are you ready?

