



The Red Road Footsteps

Inner Leadership Programme

Attending a Workshop

Attending the Footsteps Inner Leadership Programme

The Footsteps Inner Leadership Programme endorsed by the Institute of Leadership and Management is a systematic process to unlock the depth of resources we all carry but few of us access. Footsteps enables participants to discover, develop and implement the leader from within, this then enables significant contributions on all levels, in all aspects of life from personal goals to business, workplace aspiration. The programme will unlock the potential as well as inspire and motivate to greater aspirations, build solid foundations for action, make decisions and lead. This moves away from the need for a hero leader to make decisions and instead manifests great leaders who are able to move themselves and others ever forward in all environments. The need for inspirational leaders has never been greater and there can be seen to be massive advantages for those who nurture and develop leadership skills in order to be more competitive, flexible and able to work through current climates.

The Footsteps Inner leadership Programme is totally unique in that Red Road firmly believes that great leadership starts with strong foundations within self, whatever skills that are needed to be enhanced in the workplace need to start with solid foundations within that individual, and that means in every environment they come into contact with. Great leaders need to find ways to connect with themselves, discover themselves and develop themselves in order for them to help, inspire and motivate others. The programme assists in contributing to the overall mission, goals and values of individuals as well as making a positive difference in their performance within the corporate setting.

The Inner Leadership Programme works on the principles of taking full responsibility for self, which is an underlying theme, running throughout each workshop. We learn how responsibility enables us, to discover our own personal power. We encourage people to take responsibility to reclaim and take charge of their lives by tapping into their inner wisdom, and ultimately achieve true happiness, self-fulfilment and their full potential.

Managers of the past often mandated change, but did not follow it. Today's leader is willing to adapt and improve their team by sharpening their leadership skills development, resulting in knowing how to efficiently lead by example. This inner leadership programme empowers the individual to practice the skills you need to stop pushing and start pulling. Developing the skill set of the modern leader will help your team to thrive within the company and it will help you to achieve all your personal and career goals.

Footstep 1 Developing Self Belief & Embracing Change

This workshop is both the foundation module to the Footsteps development programme and introduces what self-belief is all about. This workshop is both the foundation module to the Footsteps programme and introduces what self-belief is all about. The development of self belief is explored as well as assessments on where levels are currently. Creation of a desired reality is initiated by decisions on levels of belief created as well as time lines for initiation – this is of ultimate importance to the process.

The importance and the benefits to developing an attitude for change and we take the 1st steps to creating our new desired realities.

All Red Road workshops have been designed to be fully interactive with lots of self-exploration exercises to increase and develop self-awareness, which in turn creates personal empowerment, healthier self-belief and confidence levels.

Footstep 3 Developing True Confidence Part 1

This workshop can be used as an individual module or as part of the two-part confidence programme, which has been designed as part of the whole change programme.

The key learning point of this workshop is to understand and increase self-confidence levels.

The first module initiates exploration of what true and false confidence is and importantly what confidence is not. The development of lack of confidence levels are looked at as well as how to improve and increase our levels of confidence. Building the foundation blocks to true confidence by further exploration of the key elements for future growth and development is key to this workshop as well as building healthier self-esteem levels. The identification of strengths and the focusing on these rather than on weaknesses is emphasised and ratified through this process.

Footstep 2 Developing a Positive Mental Attitude

The Developing a Positive Mental Attitude is an exciting and motivational workshop. The exploration of attitude and how this affects and creates reality is the starting point for this workshop. This is quickly followed by how thoughts and beliefs are often learnt and are very often negative which in turn then creates a negative reality.

The key elements to change are introduced in looking at how the thought process influences beliefs and habit as well as initiating the theory of change by exercises which aim to create a more positive reality.

This programme is a fast paced module that is aimed at empowering and inspiring delegates to take responsibility for their lives implementing permanent, meaningful change, from that day forward!

Footstep 4 Developing True Confidence Part 2

This workshop is the 2nd part of confidence, 1&2 which can also work as an independent confidence module.

The identification of the self-concept, and how this, if negative, affects our confidence levels is key to this workshop.

Time is spent in exploring how self sabotage occurs on a daily basis and how to commence the creation of a more positive, productive & less self-sabotaging reality.

Responsibility is a major theme running through both confidence modules which explores the principles of the law of attraction and that, consequently, how every situation is for a reason with valuable lessons and learning points. One of the key aims of the day is to further develop internal trust, integrity and intuition all of which build true inner confidence

Footstep 5 Becoming Emotional Intelligent

The aim of this module is simply to be able to recognise and have greater understanding of the emotional world.

The influence of emotions within lives is identified as well as their place in causing unbalance, often by driving uncontrollable emotional behaviours or by the suppressing of emotions that can cause over cautious and irrational behaviour. Lack of understanding of emotions and inability to control them damages confidence levels as well as influencing relationships on all levels.

This workshop is aimed at achieving emotional balance by exploring earlier emotional growth and development. A deeper understanding is gained as to why a person is the way they are, which in turn helps to initiate changes. The significance of emotions is learnt as well as a gain in understanding the important messages behind each emotion. By the end of this workshop delegates are empowered by, rather than disempowered by emotions

Footstep 6 Expressing Oneself Assertively

This module is a truly empowering workshop enabling delegates to make an instance difference to their daily lives, by learning to achieve a balance, between self-expression and positive communication, with others. The examination of the difference between behavioural types is key, which then aids delegates to the identification of aspects of not only their own personal behavioural characteristics, but those of others too.

The belief that assertion is the key element to the achievement of high self-belief levels and is often described as advanced communication skills. Expression of true feelings in an honest, open and respectful way to another aids the building to internal respect as well as forging higher levels of self-confidence.

The exploration of assertive beliefs and the benefits of thinking assertively as well as the effects of self-esteem in all aspects of our life is also a key learning point.

This workshop facilitates each individual to communicate in a fair and empowering way. In learning and practicing the different levels of assertion delegates are able enough to take away essential skills to achieve win/win conclusions.

Footstep 7 Understanding and Dropping Control Madness

The underlying learning point of this module is that control is truly madness, and that this type of behaviour does not work in the long run.

The exploration of negative control, what it is about, as well as how lives are affected by it, are undertaken along with the identification of personal control issues. This is the first step in constructively dissolving negative patterns of behaviour.

Looking at how and why control develops gives the opportunity to take full responsibility for often-learned negative behaviour, which then leads to the initiation of permanent change. The difference between negative and positive controlling behaviours and specifically concentrating on learning constructive ways to maintain the dissolution of negative control is essential to this part of the process. Dropping control is a fundamental key to building strong self-belief and empowering confidence levels as well as negating previous negative behaviours.

Footstep 8 Letting Go

Letting Go spends luxury self exploration time, looking at what may be keeping a delegate feeling stuck in life, unable to move forward as well as preventing the achievement of true happiness. The secret to letting go of old suppressed or unwanted negative feelings is facilitated that then enable the achievement of true emotional freedom.

Enjoyed by many this workshop is aimed at developing a further understanding of the root cause as well as the underlying messages of emotions. Exploration of how to work through a powerful step-by-step process to letting go, ultimately to achieve forgiveness, inner peace as well as enabling forward travel in all aspects of self and life. This process empowers and stimulates continual emotional growth, personal development and most importantly change.

Footstep 9 Managing Stress

This is an empowering workshop exploring stress on all levels. The identification and discussions of the differences between internal and external stresses commence the module. The main and most important aim of this workshop is to raise awareness of stress and associated issues by looking at the many warning signs and symptoms of stressors.

Long and short term stress reduction techniques are concentrated on and delegates are encouraged to look at the concept of taking full responsibility for them.

The importance of creating a stress free reality by changing stress related thinking patterns especially concentrating on changing their attitude to positively control stress levels is facilitated and by the end of the workshop delegates are able to take away constructive skills & techniques to further develop as well as maintain their stress levels, and ideally develop a well being life style.

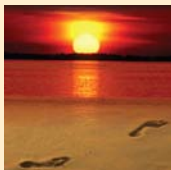
Footstep 10 Steps to Continuing Personal Development and Well-being

This consolidating module acts both as an ending and future goal setting workshop, recapping on important personal responsibility principles already covered within the programme.

Footstep 10 further explores Red Roads 12 Golden wellbeing steps, designed to encourage individuals to continue their personal development, after the conclusion of the programme.

Importantly the exploration in developing true passion in all areas of life as well as encouraging the letting go of negative attachments empower delegates to reach for their dreams and aspirations.

Finally future goal setting, in order to achieve personal achievement and empowerment in all areas of life, with the aims of achieving continuing wellbeing, fulfilment and true happiness concludes the programme.



Red Road P.D.

'Spenside', Bury and Bolton Road, Bury, manchester, M26 4LA

Tel: 0161 761 0505

Email: info@redroadpd.com

Web: redroadpd.com