MAWA EVENTS

Address: No. 857, Block A2. Leisure Commerce Square - No 9., 46150 Petaling Jaya, Selangor, Malaysia

Phone: +601116373203 | **Email:** info@mawaevents.net

LEADING FROM THE INSIDE OUT

"Building Self-Aware, Values-Based, and Emotionally Intelligent Leadership from Within"

Schedule

Date	Venue	Fees
25 – 26 Feb 2026	Online (Live Virtual)	USD 700 per delegate
27 – 28 Apr 2026	Online (Live Virtual)	USD 700 per delegate

► **Available delivery methods:** Face-to-Face & Online Training

Introduction

True leadership starts from within. In today's rapidly shifting world, leaders who are grounded in self-awareness, emotional intelligence, and core values are best equipped to lead with authenticity, resilience, and integrity. "Leading from the Inside Out" focuses on helping participants explore their internal leadership drivers, break through personal barriers, and cultivate a leadership presence that inspires trust and alignment.

This two-day interactive live online course is designed to help leaders strengthen their internal clarity and develop the mindset, habits, and emotional skills needed to lead others effectively and with purpose.

Objectives

By the end of this course, participants will be able to:

- Understand their leadership identity, values, and behavioral drivers
- Cultivate emotional intelligence to lead with empathy, presence, and impact
- Recognize and manage their inner narratives and leadership blind spots
- Align personal purpose with professional leadership practices
- Build a values-based leadership plan for long-term growth

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Why Attend

- Deepen your leadership impact by increasing self-awareness and authenticity
- Learn to lead under pressure with emotional regulation and intentionality
- Identify and transform limiting beliefs into empowering leadership choices
- Develop practices for mindfulness, reflection, and inner alignment
- Inspire others by leading from your core rather than external expectations

Target Audience

This program is designed for:

- Leaders, managers, and high potentials seeking personal and professional alignment
- Coaches and facilitators supporting leadership transformation
- Team leads and HR professionals focused on conscious leadership
- Anyone committed to leading with purpose, integrity, and self-awareness

Individual Benefits

Key competencies that will be developed include:

- Personal leadership clarity and self-mastery
- Emotional intelligence: self-awareness, regulation, and empathy
- Mindful decision-making and resilience under stress
- Alignment of personal values with leadership behavior
- Improved ability to lead with presence and authenticity

Organizational Benefits

Upon completing the training course, participants will demonstrate:

- Stronger, more resilient and values-driven leadership behaviors
- Increased emotional and interpersonal awareness across teams
- Better alignment between personal purpose and organizational goals
- Healthier workplace culture grounded in integrity and trust
- Improved decision-making, communication, and motivation

Instructional Methodology

The course follows a blended virtual learning approach combining introspection with live interaction:

- Strategy Briefings – Insights into leadership consciousness and emotional intelligence
- Self-Reflection – Guided journaling and value clarification exercises
- Workshops – Interactive simulations, EQ practice, and scenario responses
- Peer Exchange – Small-group coaching and discussion rooms
- Tools – Inner alignment maps, value-based decision frameworks, and leadership journaling templates

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Course Outline

DETAILED 2-DAY COURSE OUTLINE

Delivery Format: Online (Live) **Platform:** Zoom, WebEx or Microsoft Teams **Training Hours:** 7:30 AM – 3:30 PM (with scheduled virtual breaks)

Day 1: Cultivating Self-Awareness and Emotional Intelligence

- Module 1: Knowing Yourself as a Leader (07:30 – 09:30) • Defining authentic leadership from the inside out • Identifying your leadership identity, story, and patterns • Personal leadership diagnostics and values mapping
- Module 2: Emotional Intelligence for Inner Leadership (09:45 – 11:15) • EQ pillars: self-awareness, self-regulation, motivation, empathy, and social skills • Emotional triggers and regulation strategies • The neuroscience of emotional agility
- Module 3: Breaking Through Limiting Beliefs (11:30 – 01:00) • Inner critic vs. inner coach • Reframing unproductive narratives • Aligning belief systems with leadership aspirations
- Module 4: Workshop – Personal Leadership Inventory (02:00 – 03:30) • Develop a reflection-based leadership profile • Small group sharing and coaching

Day 2: Leading with Integrity, Purpose, and Inner Alignment

- Module 1: Values-Based Decision-Making (07:30 – 09:30) • Using personal values as a compass • Leading through ethical dilemmas and uncertainty • Building trust through consistent values-based action
- Module 2: Mindful and Resilient Leadership (09:45 – 11:15) • Practices for mindfulness and emotional resilience • The role of reflection and stillness in leadership effectiveness • Tools for pausing under pressure
- Module 3: Creating Alignment and Purpose (11:30 – 01:00) • Linking personal purpose to team and organizational goals • Communicating vision and meaning with authenticity • Cultivating an aligned leadership presence
- Module 4: Final Workshop – 90-Day Inner Leadership Plan (02:00 – 03:30) • Draft a personal leadership practice roadmap • Virtual peer feedback and facilitator coaching • Course reflection and close

Certification

Participants will receive a Certificate of Completion in Leading from the Inside Out, recognizing their commitment to cultivating authentic, emotionally intelligent, and values-driven leadership in today’s dynamic professional landscape.

Why Choose MAWA Events

- **Global Expertise:** More than 17 years of experience in professional training and consulting.
- **Industry-Leading Faculty:** Courses delivered by seasoned professionals with hands-on experience.
- **Practical Insights:** Learn to turn theory into actionable strategies for real-world business impact.
- **Client-Focused Solutions:** Customized programs designed to achieve your organisation’s unique goals.

In-House / Customized Training Interested in running this course for your team? Please contact us:	TEL: **+601116373203**	EMAIL: **info@mawaevents.net**

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