



# LEAD & GROW

GET SMART WITH YOUR EMOTIONS AND LEAD WITH CONFIDENCE

## AIMS

This Programme supports current and emerging leaders with the core skills to understand and manage themselves and others.

The Programme delivers practical techniques to build a positive mindset, create deeper connection with others and increase performance and accountability.

## INCLUSIONS

- bite sized modules of daily learning via app
- peer to peer interaction via online workshops
- 180 feedback and 1:1 personalised coaching sessions
- short reflective assignments to embed learning
- pastoral care to complete the course successfully.

## TIMING AND COSTS

- 12 week programme
- \$1750 + GST per person (based on minimum 12 person cohort)

## FOR MORE INFO

### Next cohort:

September - December 2025

To register your interest,  
contact:

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## OVERVIEW

**Leaders today are navigating more than ever before, grappling with growing demands, constant change, and an uncertain and evolving future.**

**Lead & Grow** is more than just a leadership programme. It's a transformative journey designed to build emotional intelligence, strengthen soft skills, and ignite a powerful growth mindset. It empowers individuals with the confidence, communication, and interpersonal tools they need to thrive in their roles today—and step boldly into tomorrow's opportunities.

We help leaders develop an "above-the-line," forward-thinking mindset and equip them with practical, real-world strategies to lead with clarity, compassion, and courage in an ever-changing landscape. This course is thoughtfully designed for diverse learners and individuals balancing a busy workload.

## LEARNING OUTCOMES

- The importance of emotional intelligence and a positive mindset at work.
- Increased self-awareness of strengths and areas to improve.
- Develop a toolkit of strategies that can be used to manage emotions and increase resilience and adaptability.
- Effective communication and conflict resolution within a diverse workforce.
- Building relationships by understanding others.
- Building a high-performing team through the skills of coaching, delegation, and accountability.
- Increase confidence to handle a variety of situations leading to improved levels of job satisfaction and overall well-being at work.

**GoHort**  
Puāwai me Ahumāra

**emerge**  
FRESH THINKING



**transform**  
DEEP LASTING CHANGE

# EMOTIONAL INTELLIGENCE AND SOFT SKILL DEVELOPMENT FOR MANAGERS

## DID YOU KNOW?

This course covers 5 of the top 10 areas required to navigate the challenges of our modern working environment. These are:

- emotional intelligence
- team functioning and collaborating with others
- inspiring and motivating others
- communication skills
- influencing change and people management



**When asked if they would recommend this programme, here's what previous participants have said:**

"Yes, because a person that is leading a team needs to have knowledge about emotional intelligence."

"Yes, because for people who have never encountered any of these learnings before it will be very beneficial to their career progression."

"Yes, I think everyone should do this training. I have gained so much which has benefitted me greatly both personally and at work."

"Yes definitely, it's opened my eyes to how we interact with others, and the more people know and understand how we and others work, it will improve our lives."

## WORKSHOP CONTENT

### Includes:

- What is Emotional Intelligence and Why Is it Important
- Understanding Self (personality, triggers and biases)
- Emotional Regulation and Self-Leadership
- Having Courageous Conversations
- Coaching Teams and Effective Delegation
- Building Trust to Motivate and Inspire your team

## TIME COMMITMENT

Here are the requirements over the 12-week period:

- 20 mins of daily learning (Mon-Friday) via a learning app
- welcome and final workshops (total: 5 hours)
- 4 online peer-to-peer workshops (total: 8 hours)
- personalised coaching sessions (total: 3 hours)
- short reflective assignments to demonstrate learning
- creation of a final toolkit of strategies learned from the course.

## ARE YOU THE RIGHT FIT?

To get the most out of this programme, participants should:

- be currently leading a team
- have a desire to grow their leadership capability
- be able to navigate technology (both computer and smartphone)
- have a growth mindset and be open to learning
- love to learn and committed to doing the work to complete the course
- have the time in space to commit to learning.

2025

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12 Welcome Workshop 9am - 12pm	13
14	15 Intro to EQ modules start	16	17	18	19	20
21 Assignment One Due Date	22 Self Awareness Modules Start	23	24	25	26	27
28	29	30				

2025

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Online Workshop 10 - 12pm	2	3	4
5 Assignment 2 Due Date	6 Self Management Modules Start	7	8	9	10	11
12	13	14	15 Online Workshop 10 - 12pm	16	17	18
19 Assignment 3 Due Date	20 Social Awareness Modules Start	21	22	23	24	25
26	27 Labour Day Holiday	28	29 Online Workshop 10 - 12pm	30	31	

2025

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Assignment 4 Due Date	3 Social Management Modules Start	4	5	6	7	8
9	10	11	12 Online Workshop 10 - 12pm	13	14 Learning Modules End	15
16	17	18	19	20	21	22
23	24	25	26	27	28 Final Assignment Due	29
30						

2025

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 Final Workshop Course Completion	6 Access to Micro Learning Ends