

# YOUNG Leaders Forum

## A RADICAL FOCUS ON WHAT YOU CAN CONTROL

The European Union sees a strong rise of anti-EU parties, the Dow Jones shows high volatility, companies are getting hacked, 3D-printers are on the rise, and political turmoil in the Middle-East intensifies. Who knows how the world will develop this year? What surprises will governments, companies, and citizens face? And what will it take from you, as a future leader, to guide people through this change?

This workshop will provide you with the necessary skills, ways of thinking, and insights to become a better leader in a world of accelerating disruptive change by maintaining a radical focus on what you can control.

## BASED ON POSITIVE PSYCHOLOGY

You will experience an interactive mix of theory and exercises based on positive psychology designed to enhance your ability to lead yourself and your team, along 5 modules:



### Positive emotions

Identify situations in life that create positive emotions, and learn how to induce those moments in your teams



### Strengths

Learn how to lead yourself and others by building on your personal strengths and energizers



### Relationships

Strengthen your relationships by practicing empathy and broaden your support to achieve your goals



### Meaning

Learn how to infuse your life with meaning, and to provide meaning for your teams during challenging times



### Achievement

Make change happen, and create a sense of achievement with each step

## THE EXPERIENCE

- Designed for high potential future leaders with 7-12 years work experience who are ready to further their leadership skills
- Focus on experiential learning and group discussion
- Empowers participants to coach each other so they can reproduce the exercises in their teams

*"This is very unique, and enables people to really change something for themselves, and their personal and business environment"*

*"Very well organized, super interesting people, great atmosphere"*

*"Feeling energized, thankful, reflective and empowered"*

*"Great job facilitating, the tools were great, and the mix of delivery (interactive, informal, videos) made it come to life"*

*"A million thanks for the best leadership course I ever had in my life"*

Please **RSVP** with your McKinsey contact