

# SELF-LEADERSHIP-DAYS

## Virtual Live Workshop

### Balance Authenticity and Performance

It is no surprise that, in the search for performance, we might stop being authentic and adopt negative behaviors such as blaming others or being defensive. Especially for leaders in high-pressure situations, effective influence and performance may seem opposite to authenticity in the workplace.

In this workshop, you will learn how to effectively align authenticity and performance. You will acquire multiple techniques related to your own inner workings, and how to connect, interact and lead without the need to sacrifice your authenticity and performance - in fact, using them to reinforce these elements.

For current dates, please check [www.selfleadershipdays.com](http://www.selfleadershipdays.com)

**Format and Price:** 120 minutes, CHF 120.- excl. VAT

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#### Why?

- *Authenticity and transparency are essential for effective performance and leadership*
- *Authenticity can be lost or compromised if not properly cultivated*

#### Who?

- *Leaders looking to remain authentic while still performing at the highest level*
- *Anyone looking to positively influence others and be more present*
- *Anybody looking to increase trust and influence with others*

#### Take-aways

- ✓ *Acquiring techniques to leverage authenticity as an important component of executive presence*
- ✓ *Aligning and improving communication without being defensive*

#### Course Facilitator

Vasco Patrício