



1. Leaders Worth Following

Discover what truly makes a leader worth following — and why this matters now more than ever.

You will:

- Understand the core goal of good leadership.
 - Explore why trust must sit at the heart of how you lead.
 - Identify how your introversion naturally supports a healthy team culture.
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2. Discovering Your Leadership Voice

Before the retreat, you'll complete an online leadership-voice assessment.

At the retreat, you'll finally understand *why you lead the way you do*.

You will:

- Gain clarity on your primary leadership voice.
 - Understand how you see the world differently — and why that's a strength.
 - Appreciate the strengths of all five voices and how to work with them.
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3. The Power of Your Voice

Your voice has superpowers — but also predictable tendencies under stress.

You will:

- Understand your superpowers and blind spots.
 - Learn what happens when certain voices dominate or disappear within teams.
 - Identify your personal triggers under pressure and how to manage them gracefully.
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4. Practical Strategies for Using Your Voice

This is where clarity becomes confidence.

You will:

- Apply your voice to real scenarios: meetings, problem-solving, decisions.
 - Build strategies that fit your wiring rather than draining your energy.
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5. Your Communication Code

Communication is often cited as an introvert's challenge — but only because most communication models are designed for extroverts.

Your communication code is different. And powerful.

You will:

- Learn your unique style under five modes: *care*, *celebrate*, *collaborate*, *clarify*, and *critique*.
 - Reduce misunderstanding and increase influence across your team and stakeholders.
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6. Case Studies & Practical Communication Strategies

Nothing stays theoretical.

You will:

- Apply your code to difficult conversations, decisions, and everyday leadership moments.
 - Learn how introversion can be leveraged for clarity, wisdom, and calm authority.
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7. Understanding Workplace Culture

Culture is not what you say — it's what your team experiences.

You will:

- Understand the productivity and engagement gains from healthy culture.
 - Recognise how your tendencies shape the environment around you.
 - Learn how to create cultures where people feel safe, valued, and motivated.
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8. Psychological Safety & Crucial Conversations

Introverted leaders often excel here — but don't always have the tools.

You will:

- Learn what psychological safety is and how to build it practically.
 - Develop your own personalised approach to difficult or high-stakes conversations.
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9. Building a Coaching Culture

The modern leader is not a commander — they are a coach.

You will:

- Experience a live coaching demonstration.
 - Understand how coaching empowers teams and reduces leadership pressure.
 - Learn how to bring coaching practices into your daily leadership rhythm.
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10. Personal Takeaways & a 90-Day Development Plan

You'll leave with clarity — not just inspiration.

You will:

- Identify what has been most impactful for your development.
 - Create a personalised 90-day plan to embed your learning and grow your influence.
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