

Psychology for Leaders: Be Influential Leaders

Do you know how to integrate psychology into leadership?
Do you want to nurture the inner leadership within you?

Introduction

The observation of the psychological makeup of leaders has taken place within organisations and groups of all kinds for several decades. What was considered a psychologically adapted leader at the turn of the twentieth century is now considered rigid, patriarchal, and unnecessarily oppressive. Different models of psychological attributes and characteristics have evolved just as the practice of leadership has evolved. Yet, despite the varying components of each model, from the early days of domination-submission configurations to a charismatic hero-attached follower to the empowering servant-leader mindset, leaders have been assessed as psychologically distinct from the rest of the human population. Effective leadership requires the capacity to respond adaptively to emergent, dynamic, and complex situations. This capacity, in turn, depends on the readiness to acquire new skills and strategies for coping with complexity and change. This workshop focuses on the psychological perspective of a leader.

Program Objectives

This program aims to:

- Provide depth understanding of the psychology of a leader
- Equip participants with skills and knowledge to adopt psychology concept into practical leadership

Learning Outcomes

After completing this program, the participants should be able to:

- Understand the psychology for successful leading
- Forge a common direction
- Working together in a team effectively
- Make use of problems and barriers
- An impactful leader

Methodology

Gamification, case study, interview, case simulation, quiz, group discussion, lecture, videos.

Who Should Attend

Executive, Managers, Senior Management, and anyone who would like to boost your leadership skills

Program Outline

| Day One | |
|-------------------|--|
| Time | Topics |
| 9:00am – 10:30am | <p>Lead with Psychology</p> <p>In this module, participants would learn the concept of bottom-line goals that include the imperative for leadership, psychology to create a bottom line, and support with a good intention. In addition, in this module, the participants would look at learning psychology.</p> |
| 10:30am – 11:00am | Tea Break and Networking |
| 11:00am – 1:00pm | <p>Forging a Common Director</p> <p>In this module, participants would be exposed to being psychologically accepted as leaders, confronting leadership, leadership as a relationship, and finding values as a leader. In addition, the participants would learn how to develop a shared vision and purpose that stockholders accept.</p> |
| 1:00pm – 2:00pm | Lunch and Networking |
| 2:00pm – 3:30pm | <p>Applying Psychology in Employee Commitment</p> <p>The participants would learn the secret of how to engage and commit people. The participants would apply how to conduct observation and speak to reach the heart of people to engage all the time.</p> |
| 3:30pm – 4:00pm | Tea Break and Networking |
| 4:00pm- 5:00pm | <p>Emotion as the Commitment Enhancer</p> <p>In this module, the participants would learn to master the skill of reading human expression. The participants would learn the following topics, values, and feelings in the lead organisation, the reality of emotions, opening, inhibition, thinking and feeling, generating, expressing, and changing feelings. The participants would learn how to boost their leadership skills to create a high-performing organisation.</p> |
| Day Two | |
| Time | Topics |
| 9:00am – 10:30am | <p>Psychological of Decision Making</p> <p>The participants would learn psychology, how the decision is made, the concept of choices, the potential team decision making, the value of controversy, constructive controversy dynamics. In addition, the participants would learn how to apply the procedure for constructive controversy in this module.</p> |

| | |
|-------------------|---|
| 10:30am – 11:00am | Tea Break and Networking |
| 11:00am – 1:00pm | <p>Conflict Management</p> <p>Psychological techniques are taught in this module to enable participants to master conflict management. The participants would learn the cooperative conflict theory, conflict-positive, mediating conflict, and arbitration. Besides, the participants would have a practical session to walk through phases of cooperative conflict management.</p> |
| 1:00pm – 2:00pm | Lunch and Networking |
| 2:00pm – 3:30pm | <p>Transforming to Self-directive Team</p> <p>The participants would learn the psychological perspective on the potential self-directive team, hold accountability, and take up responsibility. In this module, participants would have practical sessions to set up a “can do” organisation culture.</p> |
| 3:30pm – 4:00pm | Tea Break and Networking |
| 4:00pm- 5:00pm | <p>Preparing for the Future</p> <p>Participants would be exposed to the continuous learning mindset and build the organisation based on common sense. In addition, participants would learn the psychology of communication, including verbal and nonverbal communication, handling feedback. Lastly, the participants would also be trained on applying self-leadership in this module as a self-growth strategy.</p> |