

# NEXT LEVEL LEADERSHIPS PROGRAM



**Our leadership program is built on the latest neuroscience. The program lifts leadership, stimulates innovation, increases creativity, efficiency and performance in your team and organization.**

We teach you as a leader to choose your thoughts and create a winning attitude, maintain high internal motivation, master your mental states, regardless of the environment and people around you, and to manage stress appropriately.

The program takes you through a process where you learn to use the brain to go from learning new knowledge and initiation to becoming a master in leading yourself and others. The leadership development program is tailored to the needs of the company.

## **The program includes:**

- Analysis of your needs together with your manager.
- 1.5 day workshop "Change Your Mind...Create New Results" based on the latest neuroscience. Participants learn how to harness the incredible power of the brain to create dynamic change both individually and within the organization. This knowledge and with it's roots in neuroscience is the what the programs foundation.
- EQ test that every individual does online. An EQ measurement creates insight and gives a picture of the current situation. The EQ profile shows your strengths and areas of development. Individual action plan.
- X number of individual coach meetings of 1.5 h (number of meetings varies according to identified needs)
- Will work with and discover and enhance strengths and Core qualities
- Knowledge and practical exercises in communication skills, conflict resolutions and group dynamics

## The program contains modules such as:

- Mental training for Vision and Goal programming
- Mental training for reprogramming negative habits and attitudes
- You will learn how to choose and manage your thoughts and self-regulate your emotional states.
- Time management and scheduling
- Stress management for you and knowledge about stress and employees
  
- Communication, feedback, sensitive conversations and conflict management
- Training material with exercises and self-analysis
- Exercise time: 4-6 months. Training takes place at the participant's workplace unless we have agreed otherwise
- We conclude the program with a follow-up measurement of EQ to see how big the difference has become and follow-up and measurement of the overall development process.



### About Anna

Anna's driving force is to unleash others' inner potential for greatness and unlimited abilities. With this approach and her strong intuition, Anna inspires and transforms people, supporting them in self-healing and connecting with their own inner wisdom and greatness.

Anna holds a Master's degree in Psychology. Since 2000, she has worked as a consultant and trainer in leadership, personal, group, and organizational development, inspiring and touching the lives of thousands of individuals.

Anna is trained and certified by Dr. Joe Dispenza at NeuroChangeSolutions (NCS) and works with their method based on neuroscience, developed by Dr. Joe Dispenza.

She is also certified in Introspective Hypnosis and Past Life Regressions, certified as a coach, certified Zen coach, NLP master, and NLP coach, among many other areas she has studied in personal development and consciousness.

Anna conducts courses and trainings in various parts of the world in areas such as leadership, coaching, and personal development. One of her specialties is using horses as co/coaches when working with the development of individuals, leaders, and teams.

With her extensive experience and numerous trainings, Anna has developed effective methods and trainings for real change and transformation.

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With Kind Regards / Anna Ullenius