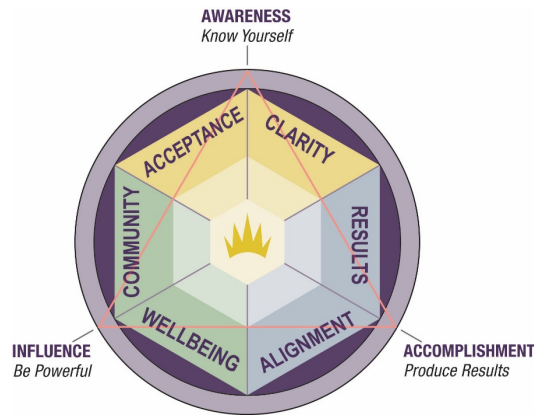


## Tiara Leadership Academy - NL



### For women who choose to lead their lives from inspiration

The Tiara Leadership Academy – NL is for women who want to live inspired lives: feeling authentic and good about their choices. Feeling energized, confident and on track on a day to day basis in both their professional and personal lives.

To stay on course, the Tiara Leadership Academy – NL offers a circular and modular curriculum with guidance for purposeful reflection and navigation of life’s challenges. The curriculum consists of 6 experiential, 3 hour workshops following the themes of the Tiara True Leadership Model.

From each workshop participants will receive tools, practices, supportive companionship and expert-led coaching to reconnect and deepen the connection with their own true power and purpose.

Below is a description of the 6 workshops: Lead from Acceptance, Clarity, Results, Alignment, Wellbeing and Community.

For any further information on content, logistics, current dates and pricing packages please contact Franciska Dekker at [fdekker@tiaraleadership.com](mailto:fdekker@tiaraleadership.com).

*Note: In absence of a profound foundation, the “[Tiara Visioning Workshop](#)” is an ideal start or pitstop for the participants leadership journey. During this workshop they will create or refresh their unique personal Leadership Roadmap.*

## 1. Lead from Acceptance

*In the Tiara True Leadership Model, Acceptance is an element in the Dimension of “Awareness”: it is our belief that self-awareness is essential to effective leadership. At the most basic level, awareness is the capacity to know yourself. Standing back, you observe and accept the thoughts, beliefs and feelings that based on past experiences often inform your decisions. Taking ownership, you shift perceptions and transform behavior.*

Acceptance is NOT resignation, giving up or tolerating something that is not good for us. Acceptance IS being with a current situation wholly and completely, including all of your own reactions.

When Acceptance is missing, we feel resistant, tense, stressed or upset.

When Acceptance is present, we feel a sense of relief and spaciousness as we let go of judgment.

Acceptance is an essential element of leadership because it opens us up to connection, possibility, creativity and solutions that will make a difference. The risk is that without Acceptance we tend to repeat patterns, work hard with insufficient outcomes, “man-up” or make anxiety-based decisions that further complicate an issue.

This workshop to lead with Acceptance is designed to take you beyond the intellectual understanding of the above, through the practical, real life situations that you are currently living and into the freeing up of creative energies that are currently stuck.

What are repetitive patterns for you? Where is history repeating itself? What have you been unable to solve? What is it that you really cannot (and never) accept about yourself or others? It can be big and small.

You learn the art of acceptance and how this practice will open doors to new pathways and fresh energy.

## 2. Lead from Clarity

*In the Tiara True Leadership Model, Clarity is an element in the Dimension of “Awareness”: it is our belief that self-awareness is essential to effective leadership. At the most basic level, awareness is the capacity to know yourself, and to also be clear about what you want.*

As leaders it is important to be clear on what we most desire and on our intended outcomes. Often we see our clients struggle with creating and sharing a clear, compelling vision with others. They keep goals too small, afraid of failing or being judged. Or they overextend, stating outcomes that are unrealistic because they are trying too hard to be inspiring. They spin their wheels, looking for the "right" answer before taking action.

We know that there is an art to reach that magic pivot point of Clarity that moves people forward and stretches them beyond their previous levels of achievement.

This workshop on Leading from Clarity is designed to take you beyond the intellectual understanding of the concept. Through applying the practices that we will share to your real life, you will stop spinning and be able to move forward with others more effectively while staying connected to your true self.

## 3. Lead from Results

*In the Tiara True Leadership Model, Results is an element in the Dimension of “Accomplishments”: it is our belief that men and women, at all stages of their careers, are able to produce results with more ease by staying true to their vision and being intentional.*

Part of *leading effectively* is predictably producing results. This is not to be confused with simply being busy. The standard model of thought is that leaders must work hard to produce results and that their success most often comes with sacrifice. We find that people over-commit and over-work, leading to feeling burnt out instead of successful and energized.

We practice using a four-step process to produce results with greater ease. The steps are:  
1. Be clear on what you want. 2. Take inspired instead of motivated action. 3. Look forward.  
4. Trust.

This workshop on Leading from Results will take you beyond the intellectual understanding of the 4 steps. Through applying the practice to your real life you will be able to develop a laser-like sense of what the most effective, purposeful actions will be and let busywork go.

#### **4. Lead from Alignment**

*In the Tiara True Leadership Model, Alignment is an element in the Dimension of “Accomplishments”: it is our belief that, to continue building momentum toward top priority results, it's necessary to align your internal and external environments with the future vision.*

We can witness how leader-like actions aligned with purpose, values and goals yield powerful outcomes. And how incongruency, even unintentionally, can lead to messy situations and low quality results and progress.

Do your actions align with your priorities? Do your conversations and relationships support success? Are your surroundings in line with your goals? Is it time to pause and realign?

This workshop on Leading from Alignment is designed to take you beyond the intellectual understanding of the concept. Through applying the practices to your real life you will create alignment inside and outside, and results will begin to flow. We will guide you through an alignment assessment and will invite you to build your alignment muscle through an alignment experiment.

*Note: for this workshop it is strongly recommended to have a version of a personal True Leadership Roadmap.*

#### **5. Lead from Well-being**

*In the Tiara True Leadership Model, Well-being is an element in the Dimension of “Influence”: it is our belief that when you tap into your inspiration and nurture your own well-being, you will be able to manifest your power and resilience at full strength.*

In shifting from "doing" the work to "being" a leader, there needs to be a realization that one's well-being is a top priority. We know that we can't help others unless we put on our oxygen mask first. As leaders we must also role model this belief through our behaviors. Being of Influence compels you to achieve consistent results for the good of the whole.

This workshop on Leading from Well-Being is designed as a deep dive into your entry points for well-being. We need to know how to take care of ourselves so that we are grounded, centered, energized, creative, focused and able to choose. We offer favorite tools to tap into our inner inspiration and shift from feeling overwhelmed, anxious and stressed to feeling more in control of aspects of your life. This diminishes worry and increases peace of mind.



## 6. Lead from Community

*In the Tiara True Leadership Model, Community is an element in the Dimension of “Influence”. It is our belief that we cannot achieve our greatest vision on our own. Instead, it will take many, and we need to be able to influence and inspire movement beyond our one-on-one relationships.*

Ideally, on a day to day, you are engaging others in attaining a shared vision. You manifest your power and resilience at full strength in your ability to collaborate, innovate and contribute to sustainable organizational growth. You own and share your power with others along with inviting them at owning and sharing theirs. These dynamics requires regular updates.

This workshop to Lead from Community is designed to take a deep and refreshing dive into your own vision on a current challenge and relevant relationships. You will create your Influence Dashboard and choose inspired actions to engage with your relationships from your true power base in a respectful, inclusive, inspiring way. You will be able to replace any power games from the past.