

# TRANSFORMATIONAL LEADERSHIP PROGRAM

Step Into Your Next  
Level of Influence

## CORE PROGRAM OVERVIEW



**Foundations of Leadership:** Master core principles of influential leadership.



**Leadership Paradigms & Decision-Making:** Adopt frameworks that empower decisive choices.



**Building Meaningful Connections:** Strengthen trust and foster engagement.



**Understanding People:** Apply psychological insights to inspire and motivate.



**Overcoming Resistance:** Transform challenges into commitment and action.



**Leadership in Action:** Cultivate sustainable growth and lasting impact.

## KEY FEATURES



### ONLINE, SELF-PACED

Study on your schedule, with all course materials at your fingertips.



### AI TUTOR SUPPORT

Personalized guidance to enrich your learning journey.



### LEADERS & MANAGERS

Perfect for executives, managers, and rising leaders ready to transform their approach to leadership.



### RESEARCH-BASED

Based on scientific leadership principles.



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W: [www.thechange gym.com](http://www.thechange gym.com)

## APPLICATIONS

- Leadership Development
- Cultural Change
- Structural Change
- Strategic Change
- Employee Engagement Initiatives
- Communication Strategy Enhancements

# Step Into Your Next Level of Influence

## ABOUT

Dr Steve Barlow runs The Change Gym programs. Steve has a PhD in change readiness and has taught change readiness and change management programs at the Masters level at UTAS.

He is a member of the Change Management Institute and a Fellow of the Institute of Manager and Leaders.

### What You'll Gain:

- **A 20-minute initial planning session** with Dr Steve Barlow. Online or by phone.
- **Effective Decision-Making:** Learn practical frameworks to solve complex problems.
- **Team Engagement Skills:** Cultivate trust and inspire collaboration.
- **Clear Communication:** Improve conflict resolution and active listening.
- **Overcome resistance** and drive successful transitions.
- **Sustainable Leadership Strategies:** Build a legacy of long-term success.
- **Resilience and Confidence:** Develop a growth mindset to face challenges.
- **Real-World Practice:** Gain hands-on experience through interactive role plays and case studies.
- **A 40-minute one-on-one review session** with Dr Steve Barlow.

## PROBLEMS

- **Our team struggles to stay engaged.** They seem disconnected, and motivation isn't where it should be.
- **Our people resist whenever change is introduced.** Instead of embracing new ideas, people push back, making progress difficult.
- **We find decision-making very difficult.** In critical situations, we second-guess our decisions, unsure if we're making the right call.
- **There is too much friction between team members.** Conflicts slow us down instead of helping us work better together.
- **Our leaders doubt their leadership abilities.** We want to lead with confidence, but we find ourselves questioning our decisions.
- **We haven't planned for future leadership.** There's no clear path for developing the next generation of leaders in the organisation.



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