

The Courageous Leader



A transformational programme
for modern leaders

Now more than ever, we require courageous leaders who are agile, creative and possess the human skills to inspire and motivate teams to perform at their highest level even throughout ambiguity and change.

Beam's 3-month programme, rooted in cutting-edge research in neuroscience and psychology, blends experiential learning and highly focused executive coaching to deliver a fresh and dynamic approach to leadership development.

Participants will leave this programme with a renewed sense of purpose and a toolkit of evidence-based strategies that will enable them to create an environment where the teams they lead can truly thrive.

At a glance



3 x One-hour 1-2-1
Coaching Sessions



4 x Group Workshops



A Neuroscience-led
Learning Plan



360° Leadership
Profiles



Can be adapted for
leaders at any level

Workshop 1: Your Courageous Leadership

Learn the neuroscience of self-development, identify your style, values, strengths and vision for courageous leadership.

Workshop 2: Transforming Your Impact

Learn the fundamentals of positive psychology & coaching to facilitate transformational conversations that lead to positive change at both a team and organisational level.

Workshop 3: Creating Psychological Safety

Learn how to create psychological safety to unlock high performance and improve levels of accountability, trust, and inclusivity in the teams you lead.

Workshop 4: Winning The Wellbeing Marathon

Develop the skills and strategies to protect the mental health and wellbeing of yourself and your team and cultivate a culture of collective resilience.

Who are we?



Jodie Craig is an Executive Coach and former Human Resources leader working in partnership with Beam. She has 20 years' experience leading large teams and partnering with leaders to build high performing teams in complex, international organisations such as L'Oreal and General Mills. Jodie is ICF and EMCC accredited and qualified in team coaching, DISC, Leadership Circle and is a Barretts Values assessor.



Laura Osman is Director of Beam Coaching and Training, an EMCC accredited Executive Coach, and Associate Lecturer in coaching at the University of East London. As well as providing coaching training for organisations such as Glaxo Smith Kline and the NHS, she is also an accomplished learning designer and highly skilled facilitator, designing and delivering leadership training for global brands such as PepsiCo and Emirates.

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“At Emirates we are facing change at a rate never seen before so our leadership skills are crucial. This programme helped me become more self-aware, and a more purposeful leader who is able to have brave conversations and hold people to account. I would recommend this course to others in a heartbeat.”

R.Parrat
Head of Marketing
Emirates

Trusted by

