



Making world-class leadership development available to all.

Our mission at Resilient Leaders Elements



## RLE OPTIMISE™

This programme deepens your leadership development, working together with a group of leaders drawn from a variety of sectors.

*Intensive leadership development*

## About RLE

Motivated by the paralysing affect the London bombings had on the people involved, we began our work on resilience in leadership in the 1990s.

We distilled our experience to identify four essential Resilient Leaders Elements (RLE™): Clarity of Direction, Resilient Decision Making, Awareness and Leadership Presence.

## What you gain



**Build confidence** in yourself as a strategic leader



Prepare for more **senior roles**



**Build a network** of like-minded leaders



Develop your skills as a **coach and mentor**



Learn to use the Resilient Leaders Elements as a language to **articulate your strengths and development areas:**

- Clarity of Direction
- Leadership Presence
- Awareness
- Resilient Decision Making

## Your commitment

- Participation in **ten 2-hour online sessions** over six months with a group of 8-12 people
- Completion of work between sessions using the **online Resilient Leaders Development Programme (RLDP™)**
- Engaging in **buddy conversations**

## Course content

Self-assessment  
360 assessment

Measure impact

Buddy coaching



Two hour  
online  
sessions

Goals

Development Areas  
Strength Mantra

# Course structure

	Orientation	Resilient Leaders Elements Exploration				Completion
	Month 1 (one session)	Month 2 (two sessions)	Month 3 (two sessions)	Month 4 (two sessions)	Month 5 (two sessions)	Month 6 (one session)
	Introduction	Clarity of Direction	Awareness	Leadership Presence	Resilient Decision Making	Impact Review
Session content	Introduction to the RLE™ Buddy Coaching	RLA® discussion Leadership Mantra COD exploration through experiential exercises Strategic tools	RLDP™ discussion Awareness exploration through experiential exercises Personality tools	RLDP™ discussion LP exploration through experiential exercises Values tools	RLDP™ discussion RDM exploration through experiential exercises Decision Making tools	Impact analytics PIS discussion Individual Commitments
Individual learning	Complete RLA® and set up Feedback Work with buddy to clarify goal	Engage with RLDP™ Support and challenge buddy	Engage with RLDP™ Support and challenge buddy	Engage with RLDP™ Support and challenge buddy	Reassess RLA® Work with buddy to complete PIS	Continue RLDP™

Find out more and sign up to the next course on our website:

[www.resilientleaderselements.com/packages](http://www.resilientleaderselements.com/packages)

## Discover our other packages

**RLE ACCELERATE™**

1:1 coaching best for challenge and support.

**RLE REBALANCE™**

Best for stabilising in times of crisis and uncertainty.

**RLE LEAD IN UNCERTAINTY™**

Best for building confidence and capability.

**RLE TRANSFORM™**

Best for developing team performance.

