



eLEADERSHIP
ACADEMY™
Log on to learn

Looking for online leadership & coaching training?

A NEW WAY
GROW. 100
Looking for a way to achieve
in leadership growth? We
a module online learning
includes readings, assignments
forums, assessments, faculty
webinars. Participants finish
and a personal leadership act

V@Á ^Š^æ!•@Á Oæ{ ^VTÁ ^æ!^•Á æ ^cæ|Á []|ā^Á |æ}ā*Á ^}cā[]{ ^}ó , æ@
^c| ^!ó æ |c Á æ āā|ā^-{ ā āāÁ |æ!•Ė Ü& { { ^} āāÁ à ÁĖĖÁ Á[Á] æó] ææā æ •Ė
c@•^Á |[*!æ •Á@ĖÁ |[*] Á~^æĖÁ |Á^æ!•@Á ^c| []{ ^} óæ|Á c|• ^[{ Á{ ^!*ā*Á
|æ!•ÁĖ Á^c& æ^• , @Á^c|æ ā*Ác@Á^ ^ā Á[Á, àĖæ āāĖcohort-basedÁ cæ ā*Ė
Ö•ā ^āÁ Ė Á Ė•c!Á ā^] Á |æ} ā āā & •ā } Á æ āā] |ææā ā] |ææ } Á[Á^æ!•@Á
& } &] •Ėc@Á |[*!æ •Á@] Á^æ!•Á&^æ Áā |æ Á |Ác@āā^ āāā] æó @Á^c| [] ā*Á
æā^] ^!Ė } ā!•æ āā *Á Ėc@Áāā Á |Á] |[*] āā ^|Ėā ā*Á āā ^!Ė |{ æ &.

Amplify your leadership with increased attention to connection, focus, brain health and change agility.



SANDRA McDOWELL Founder & Lead Faculty

Sandra McDowell is a trusted authority on the application of neuroscience for leadership. As the founder and voice behind the globally recognized eLeadership Academy, she helps leaders and organizations increase performance and well-being by leveraging neuroscience insights to harness the untapped power of the brain. Since 2015 Sandra has been offering acclaimed online leadership and coaching masterclasses for those serious about personal leadership growth. Her programs are ideal for professionals looking to take their leadership to the next level and learn how to lead themselves and others with the brain in mind.

w: e-leadershipacademy.com |
e: info@e-leadershipacademy.com |
p: 604-398-4015 |

eLeadership Academy™



eLEAD is designed for those who want to grow their leadership competencies and increase their capacity to assist their organization to achieve its goals, regardless of its size or their role. eLEAD is designed to foster learning, discussion and application of relevant leadership concepts. Participants will take away strategies to support their leadership, including defining their desired leadership presence, and creating a personalized Leadership Action Plan.

Learning Outcomes

- Create increased self-awareness and understand the concept of personal leadership.
- Learn how to apply the concept of emotional intelligence and the fundamentals of motivation and influence.
- Learn about and practice mindfulness as a strategy for increased focus and well-being.
- Discover the fundamentals of leading with the brain in mind (neuroscience of leadership).
- Define your desired leadership presence and develop an action plan to help you achieve it.
- Understand the fundamentals of the coach approach to leadership.

2020 eLEAD Session Dates

Feb 3 - Mar 29

Apr 20 - Jun 14

Oct 5 - Nov 29



eCOACH is an 8-week cohort-based learning experience, which includes 4 one-week online modules, followed by 4 weeks of practice. eCOACH uses the EXPEDITION™ coaching model as the foundation for learning and practice. This course focuses on enhancing communication, relationship building, and coaching skills with leaders at all levels. The program provides leaders with clarity on when to “coach” and when to “manage” and offers effective models for implementing these new skills.

Learning Outcomes

- Develop a coaching mindset and learn how to apply coaching to change in the workplace.
- Discover coaching as a learning tool designed to facilitate thinking, creativity, and problem solving.
- Learn when to coach and when to manage, and effective models for both.
- Develop foundational coaching skills: Intentional Listening and Intentional Questioning.
- Apply the 5-step GUIDE Coaching™ Model and the 6-step DIRECT Feedback™ Model.
- Develop enhanced feedback skills in coaching and performance feedback.

2020 eCOACH Session Dates

Apr 27 - Jun 21

Oct 12 - Dec 6

\$1500 per person + HST



The eLeadership Academy™ has opened my mind to a whole new approach to management, both of self and of others. It has equipped me with the resources and tools to tackle the many issues that can come with people management in a more efficient and positive way. From as early as the first module you will see benefits to your personal and professional life. I would highly recommend this course to any leader wishing to better themselves and others.

Darren O'Reilly



To register visit Cusource learning gateway
at <https://lg.ccua.com>

(Search eLEAD or eCOACH)

For help with registration or any questions,
contact Client Solutions at 1.888.367.1386 or
email clientsolutions@ccua.com.