



# Leadership Development

## NQual Endorsed Leadership Excellence Course

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# About Inspired Mindset

Based in Whitchurch, Shropshire, Inspired Mindset is dedicated to the development of high-quality Leaders and Managers that really make a difference.

We know that Leadership and Management development enables individuals to discover enhanced self-awareness, develops others and increases the effectiveness of organisations.

Our aim is to help inspire, equip and develop you, as Leaders and Managers, to drive meaningful change and genuine transformation for yourself, others and your organisation.

We bring you resources, tools, experiential learning opportunities and specialist facilitators to maximise your development throughout the programme.

We believe that the richness of the sessions comes from your discussions, shared insights, personal experiences and organisational context, as well as from the expert facilitators, and we do all we can to facilitate and create the environment within which everyone can flourish.





# The Course

The NQual Endorsed Certificate in Leadership Excellence offers an opportunity for you to explore essential leadership skills, whether you are aspiring to step into a leadership position or looking to develop and advance as a leader.

You will gain insights into reflecting on yourself as a leader, developing your skills in influencing others, and handling challenging conversations with confidence. The course also covers strategies for leading change effectively, helping you to cultivate resilience and adaptability within your team.

One of the standout features of the NQual Endorsed Certificate is its strong emphasis on interaction, discussion and hands-on activities with your peer group. Through interactive sessions and practical activities, you will build confidence and self-awareness, equipping you to grow both personally and professionally.

To obtain the NQual certificate, you must attend all sessions and be able to demonstrate practical application of your theoretical knowledge. There are however no formal assessments on this course.





# Course Overview

<b>Qualification</b>	NQual Endorsed Certificate of Completion
<b>Topic</b>	Leadership Excellence
<b>Awarding Body</b>	NQual
<b>Delivery days</b>	2 full days - 4 interactive workshops
<b>Assessments</b>	Attendance and participation in the workshops





# Module Options

- **Module 1** – Courageous and Confident Conversations
- **Module 2** – Effective Coaching and Mentoring
- **Module 3** – Leading Innovation and Change
- **Module 4** – Building Resilience as a Leader





# 1. Courageous & Confident Conversations

In our professional roles difficult conversations are inevitable. Whether it's managing a conflict, delivering constructive feedback, or handling an emotionally charged issue, how we respond to these situations plays a crucial role in determining outcomes. This training session is designed to equip you with practical tools and models to navigate these challenging interactions with courage and confidence.

## During this course, you will:

- Gain a deeper awareness of your natural responses to difficult situations and conversations, and explore your personal preferences.
- Learn a range of techniques for responding effectively to challenging scenarios.
- Be introduced to models that can help you manage and lead difficult conversations with courage and confidence.
- Practice various approaches to initiate courageous conversations, even in uncomfortable settings.
- Explore the use of alternative perspectives to achieve positive, constructive outcomes, ensuring that all parties feel heard and understood.

By the end of this session, you will have some key strategies to add to your toolkit, for approaching difficult conversations with a renewed sense of confidence and capability.





# 2. Effective Coaching & Mentoring

Coaching enables individuals to grow, reach their potential, and achieve their goals, leading to improved performance and greater satisfaction. This session is designed for leaders new to coaching who want to build essential coaching skills that drive real impact. Whether you are a leader looking to use coaching to develop others, looking to incorporate coaching techniques into your leadership style, or aiming to cultivate a supportive culture in your workplace, this session offers an interactive and practical introduction to using coaching skills effectively.

## During the course, you will:

- Have an understanding of non-directive coaching skills.
- Be able to identify key distinctions and benefits of coaching compared to other methods.
- Know how to apply a coaching and feedback model in your practice.
- Understand how coaching can enhance leadership effectiveness.
- Take away practical tools and techniques to enhance your coaching conversations.

By the end of this session, you will have developed foundational coaching skills and the confidence to make a positive impact through a supportive, engaging, growth-focused approach to your leadership style.





# 3. Leading Innovation and Change

Change is an inevitable part of both our personal and professional lives. Learning to manage change effectively for ourselves and others can lead to greater success, confidence and adaptability. It helps to navigate uncertainty, reduces anxiety, improves decision-making and problem-solving, facilitates continuous improvement and builds leadership capability and your ability to influence others. This session is designed to explore how you respond to change and to give you models and strategies to help manage people through the change process.

## **During the course, you will:**

- Explore historical change, the impact this has had on society and how we can use this to manage change in the future.
- Become aware of your own, and others' reactions to change and how to navigate the change journey we all experience.
- Identify strategies to support and empower others during change.

This session helps you understand the benefits gained from change, how we respond to it in the moment and how we manage change into the future. By the end of this session you will not only have the awareness, knowledge and skills to survive change but to have the confidence to embrace change and thrive through it for both personal and professional growth.





# 4. Building Resilience

Resilience is a critical skill for leaders, enabling them to navigate challenges, inspire others, and drive meaningful change. This course introduces the fundamentals of resilience, helping leaders understand its impact on performance and their ability to influence outcomes.

Through exploring key concepts such as mindset, personal energy, and practical tools, participants will gain actionable insights to build adaptability and growth within themselves and their teams. Whether you are new to leadership or looking to strengthen your approach, this interactive session provides the foundation to build resilience and lead with confidence.

## During the course, you will:

- Have a greater understanding of what it means to be resilient.
- Understand the importance of your mindset and the impact this has on performance and your ability to influence change.
- Be introduced to theoretical models of 'The Tree', 'BEAR', Growth and Fixed Mindsets & Circle of Control, and how the application of their principles may be applied to equip leaders in developing their own personal resilience.
- Be encouraged to reflect on your own personal resilience by reflecting on:
  - Personal energy
  - Mindset
  - Sources and tools

By the end of this session, you will have a clear understanding of what it means to be resilient, recognise the impact of mindset on performance, and be equipped with practical tools and strategies to enhance your adaptability and leadership effectiveness.





# Facilitator Profile

## Julie Bricknall

Your Facilitator on the Leadership Excellence programme is Julie. She is a well-experienced leader, accredited coach and qualified trainer. Julie advanced in her own leadership career within the Health & Beauty industry in a number of organisational contexts. Julie is described by her delegates as engaging, compassionate, challenging and thought-provoking and she prides herself on delivering high standard leadership development and qualifications that make a real and meaningful difference to the individual and the organisation alike. Julie has developed people from diverse public and private sectors with her warm approach and interactive facilitation style both locally and internationally. She is now the owner of Inspired Mindset Ltd.

- Post Graduate - Business and Personal Coaching (PG Cert)
- Post Graduate - Supervision (PG Cert - ongoing)
- First Class Degree Business Management, BA (Hons)
- Member of National Council of Psychotherapists (MNCP)
- Accredited Coach - International Coaching Federation (ICF)
- Certified Coach Supervisor (Barefoot, Level 7)
- Certificate in Education and Training (CET)
- Certificate in Assessing Vocational Achievement (CAVA)
- Psychometric practitioner - MBTI, EQ-I, Insights etc





# Workshop Timetable

Please see the workshop dates for your course, to add to your diary.

Date	Time	Workshop	Tutor	Location
8 <sup>th</sup> December	9.30am – 4.00pm	Courageous and Confident Conversations	Julie Bricknall	TBC
		Effective Coaching & Mentoring		
12 <sup>th</sup> December	9.30am – 4.00pm	Leading Innovation and Change	Julie Bricknall	TBC
		Building Resilience		





# Workshop Sessions

- All workshops are in person and must be attended in order to complete the full certificate.
- If on the rare occasion you can't attend a session, please inform your facilitator in advance. As your workshops are in person they cannot be recorded should you have to miss a session. Any sessions missed unfortunately cannot be achieved or listed on your NQual certificate, however, you will still receive a certificate for the modules attended.
- Some workshops will come with handouts and supplementary resources which will be provided in person and by email following the session. You will also get a copy of the slides.
- Please make sure you respect confidentiality for anything that you hear within the workshops. When you share examples within the sessions, we recommend that you do not use identifiable or sensitive information such as full names. You may instead choose to use words such as e.g. 'one of my colleagues in my team or in a previous role'.





# Client Testimonials

“Her professional yet personable approach really engaged the whole group and created a comfortable environment for discussion. Julie’s knowledge and passion really shines through during her sessions which makes them really enjoyable to be a part of”.

- *Natasha Meachin, Merchandiser, Next Group PLC*

“Julie did an exercise with my team. The way Julie delivered the session was engaging, thoughtful and with so much knowledge and expertise. Julie is an outstanding coach, she is so natural and so passionate about helping people. The results were life changing for many in the group (particularly as we were going through a huge change) and it also built a morale and team spirit and gave us all such a boost. I can’t recommend Julie enough. Thank you so much”.

- *Jenna Ward, Head of Boots Brand Product, Boots.*

Julie is a great trainer and coach with a fantastic energy! Her sessions are informative and interactive, equipping you with a variety of skills and tools useful for both your professional and personal life. It’s a pleasure to work with Julie!

- *Lucie Taff, Head of Product and Brands at Pure Table Top Ltd.*

I cannot recommend Julie highly enough. She presented a session for us, about how to think positively and change our negative self-talk, as part of our annual career event. It was one of the most highly attended sessions of the week and received amazing feedback from the students.

- *Vicky Cook, Career Manager, Staffordshire University*



# Client Testimonials

We recently ran a mental health and wellbeing awareness session within our medical team, which was led by Julie Bricknall. Julie did a fantastic job in engaging the audience and supporting us with the tools to continue to be productive but also look after ourselves during difficult times. I would highly recommend Julie for any health and wellbeing coaching needs that your companies may have!!

- Dr Sarah Anne Goffin, Sanofi

Julie is an incredibly skilful coach, instantly putting me at ease so that I can think and speak freely during our sessions. She guides me through the process of self-discovery effortlessly, using a range of tools, visuals and insightful questions that she seems to have at her finger tips! I always leave with greater understanding and clarity about the direction that I want to take. I find her visuals so poignant. From helping me to comprehend difficulties to making important career decisions, I can't recommend Julie highly enough.

- Jo Davies, Junior Partner and Head of China Economics, Fathom

Help would be the largest understatement of the decade. From the first conversation I had with Julie, I could instantly see how people would be endeared to her personality and passion about what she does. Julie has a truly honest and straight forward approach with amazing interpersonal skills which would help ANYONE find their inspiration. I cannot recommend Julie enough. If you, or your team want to thrive, don't hesitate, book Julie in. Her value goes far beyond any charges.

- Luke Steel, Sales Account Manager, CRU Technologies

I have had the privilege of coaching sessions with Julie and the experience was amazing, to the point where I would say it is by far the best coaching I have experienced. I have attended workshops that have been delivered by Julie and her knowledge and expertise was outstanding. I know with her guidance I can put everything into practice and achieve the success I am capable of. I would highly recommend anyone who is looking for a phenomenal coach.

- *Caroline Bailey, Owner of Hunkington House Kitchens*



# Contact Details

## Inspired Mindset Contact Details:

[hello@inspiredmindset.uk](mailto:hello@inspiredmindset.uk)

[www.inspiredmindset.uk](http://www.inspiredmindset.uk)

## Your Facilitator's Contact Details:

[Julie@inspiredmindset.uk](mailto:Julie@inspiredmindset.uk)

07824 882781





## Training & Development

**1:1 Coaching Support**

**Team Coaching**

**Coaching Supervision**

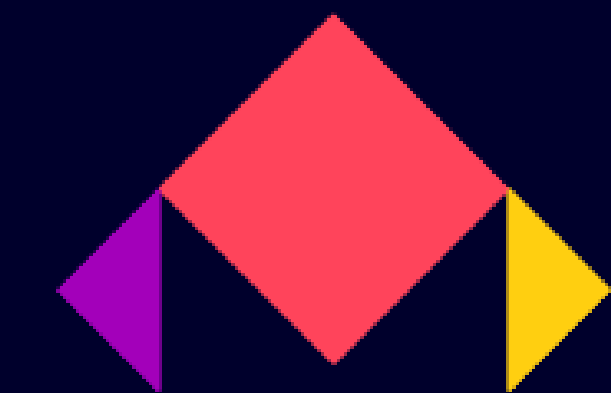
**Psychometric Profiling**

**360-Degree Feedback**

**Away Days**

**Tailored development designed specifically for you,  
your team and your organisation.**

**We go beyond developing skillset. We challenge mindset.**







INSPIRED  
MINDSET

Thank you!  
Enjoy your course!