



The Motivational Intelligence Company[®]



The
**Power
Within[®]**

Leadership & Management
Development Programmes



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www.thepowerwithintraining.com/leadership-development-courses/



About Us

At The Power Within Training, we're dedicated to redefining leadership excellence.

For years, we've been guiding individuals and organisations to discover and refine their unique leadership approach through our bespoke courses.

Our philosophy is grounded in the latest advancements in neuroscience and cognitive and social psychology. This fusion of science and strategy helps you to find your very own leadership style.

Joining our leadership training journey means embarking on a path to think **bigger**, be **better**, and achieve **more**. Our courses go beyond conventional tests.

We cultivate focused, prepared leaders who are deeply committed to fostering a positive and productive team environment.

Our commitment is to facilitate your growth and transform how you and your business confront and overcome future challenges.

We champion accountability, resilience, and adaptability in the face of change.

At the heart of The Power Within Training is a passion for igniting and nurturing tomorrow's leaders. We're dynamic, compassionate, and relentlessly pursuing positivity and lasting impact.

We believe in challenging and expanding your perspectives on business, teamwork, and personal growth. With us, you'll unlock your unlimited potential and set the stage for achievements that surpass even your wildest dreams.

Join us, and let's make real change that lasts.



Our Method

At the heart of our approach lies a profound insight into the human condition, bridging the latest in neuroscience with ground-breaking discoveries in cognitive psychology.

This intersection reveals the key to unlocking our potential, opening our minds, and achieving unparalleled success: **Motivational Intelligence**.

Motivational Intelligence (MQ) is the art of overcoming negative thoughts and self-limiting beliefs to overcome obstacles and achieve goals.

It's a concept rooted in the most pivotal and extensively researched areas of social psychology, earning awards such as a Nobel Prize and being hailed as one of the twentieth century's top ten scientific breakthroughs.

But what truly sets Motivational Intelligence apart is its ability to answer the fundamental questions of 'why?' Why do some individuals excel where others falter?

Why can some adapt effortlessly while others are paralysed by change? Why do some give up at the first sign of challenge, whereas others persevere against all odds?

Success is not solely determined by intelligence quotient (IQ) or emotional quotient (EQ). The real game-changer is a high MQ.

This form of intelligence weaves through every monumental human achievement, every overcome challenge, and every story of resilience.

The stark difference between those who succeed and those who struggle lies in their level of Motivational Intelligence.

Recognised as the third and most impactful level of human Intelligence, MQ is the cornerstone of our methodology at The Power Within Training, empowering you to go beyond your limits and craft a legacy of success.



The Science Behind Motivational Intelligence

We define Motivational Intelligence as “the ability to motivate oneself and others” and we have identified two primary routes for practising Motivational Intelligence.

First, by identifying and managing negative thoughts and self-limiting beliefs. Second, by identifying and managing human needs. To teach Motivational Intelligence to our clients, we integrate the psychological science and neuroscience of motivation into our training programmes.

Our research has found that the psychological phenomenon known as the growth mindset strongly contributes to motivation and success across several outcomes in the workplace. Therefore, teachings of the growth mindset underpin our training programmes. Beyond the benefits of the growth mindset for driving success in the workplace, the growth mindset has been shown to benefit Equity, Diversity, and Inclusion by increasing the comfort with which people of different groups interact.

The latest neuroscientific research converges upon the theory that the brain is a “prediction-making machine”.

As a result, our training programmes combine this research with research on the psychology of motivation so that we can teach our clients how to leverage their subconscious processes to inspire increased motivation in themselves and others.

Scientific research is not just distilled and taught through our training programmes; it is the foundation.

We draw upon the findings from cognitive science and psychological “intervention” research to ensure our clients remember and apply their lessons in practice, making our programmes not just informative but also highly effective.



Leading with Motivational Intelligence

Unlock your leadership potential with our ground-breaking course, a first-of-its-kind Executive Diploma tailored for forward-thinking leaders striving to excel in today's fast-paced business environment.

This programme directly tackles the hurdles of disruption, change, and uncertainty.

Whether it's steering virtual teams to success or enabling your staff to navigate the constant shifts in our world, we've got it covered.

Our course is designed to address these challenges and transform them into opportunities for growth and innovation.

Accredited by the Scottish Qualification Authority (SQA), this Executive Diploma meets the world's highest qualification standards and is internationally recognised by government entities, universities, and corporations across the globe.

By embarking on this journey with us, you'll gain invaluable insights and practical tools to lead confidently and gain a deeper understanding of Motivational Intelligence.

Empower yourself to be the leader who foresees change and drives it, fostering a culture of resilience and dynamic growth within your team and organisation.

Embrace the challenge, and let's unlock the power of Motivational Intelligence together.

This will propel you and your team towards unparalleled success.



Managing with Motivational Intelligence

Managing with Motivational Intelligence (MQ) isn't your typical management course—it's a game-changer for anyone ready to inspire their team and lead with impact.

Forget just ticking boxes and chasing targets; this programme dives into the "why" behind what drives people and shows you how to bring out the best in your team.

Over four engaging sessions, you'll learn the secrets of self-awareness, emotional intelligence, and motivation to create a high-performing team culture.

From setting a compelling vision to tackling the quirks of team dynamics, you'll walk away with practical tools to make managing feel less like herding cats and more like leading a winning team.

Designed to fit around your busy schedule, this CPD-certified programme blends live virtual training with self-led learning.

And the best part? You'll build your own personalised toolkit to keep those management skills sharp long after the course wraps up.

Ready to manage with confidence, inspire your team, and make a real difference?

Managing with Motivational Intelligence has got you covered.



Leading with Motivational Intelligence: **Women in Construction**

Unlock your full potential with our pioneering course, tailored specifically for female leaders in the construction industry.

This transformative programme is designed to equip you with the tools you need to swiftly adapt to new environments, overcome adversity, take productive action, and flourish during times of change.

These are crucial abilities in the fast-evolving construction world.

Through this programme, you will master the skills to lead your teams with greater effectiveness, make impactful decisions that drive business growth, bolster your resilience in the face of challenges, and seize opportunities when others are hesitant.

Over the past seven years, we have empowered thousands of business leaders and managers with the skills and mindset necessary to surpass their business objectives.

We recognise women's exceptional capacity to integrate Motivational Intelligence (MQ) techniques into their personal and professional lives and our aim is to support even more female leaders to think bigger, be better and achieve more.

This course is the world's first accredited Executive Diploma, uniquely crafted to assist forward-thinking leaders in navigating today's dynamic business climate.

Addressing the complexities brought about by disruption, change, and uncertainty, the course covers essential topics such as effectively leading and managing virtual teams and guiding employees in adjusting to the constantly changing construction landscape.

Embrace this opportunity to join a community of like-minded women, harnessing the power of Motivational Intelligence to pave your path to leadership success in the construction sector and beyond.

Learn More:
www.thepowerwithintraining.com/mq-wil



Leading with Motivational Intelligence: **Women in Leadership**

Empower your leadership journey with our incredible leadership development programme, specifically crafted for female business leaders.

At The Power Within Training, we're dedicated to helping women across the UK harness the transformative power of our unique Motivational Intelligence (MQ) framework to achieve business excellence.

This life-changing course marks a global first: an accredited Executive Diploma designed to equip forward-thinking female leaders with the skills to thrive in today's fast-paced and ever-evolving business environment.

Addressing the challenges of disruption and change, our curriculum includes vital topics such as effective management of virtual teams and fostering a workforce adaptable to continuous shifts in the business world.

Accredited by the Scottish Qualification Authority (SQA), a government-endorsed education board renowned for its rigorous standards, this Executive Diploma ensures that your achievements are recognised both within the UK and globally by government bodies, universities, and businesses alike.

By choosing this programme, you join a network of ambitious women, ready to navigate the challenges of modern business with confidence, agility, and a deep understanding of Motivational Intelligence.

Elevate your leadership capabilities and position yourself for success in an unpredictable business environment.

Let's lead the way together.



Business Growth Academy

Step up your business game with our CITB approved programme, a dynamic journey through six meticulously designed business growth, leadership, and financial management modules.

Tailored for business owners keen to move beyond day-to-day operations, get off the tools, and drive their enterprises towards sustainable growth, this programme is your blueprint for a more profitable and future-proof business.

The focus is on enabling you to step back, work on your business rather than in it, and ignite profitability, paving the way for growth.

Leveraging the latest strategies in business development, we guide you through identifying, adapting, and swiftly applying straightforward yet powerful tools and techniques.

These resources are specially curated for the construction industry, ensuring relevance and impact.

Consider the analogy of building a house on weak foundations: it's only a matter of time before cracks appear, leading to potential collapse or, at best, a costly battle to prevent failure.

This programme aims to avoid such scenarios for your business. By laying solid foundations, you or your business partner can steer your company towards becoming more robust, focused, and profitable.

In essence, the Business Growth Academy offers you the tools to build a sturdy, profitable business structure that stands the test of time, freeing you from the cycle of constant repairs and allowing you to focus on future success.



Business Coaching

Elevate your leadership and business strategy with our tailored Construction Business Coaching programme.

Designed for Managing Directors, Business Owners, and Senior Executives like you, this coaching offers a path to setting more ambitious goals, achieving them more efficiently, making smarter decisions, and enriching your professional relationships.

Our approach focuses on unlocking your future potential, guiding you to discover and achieve your potential. With extensive experience supporting hundreds of clients, we understand the journey to profitable growth, scale, and significance in your industry.

We step in to help you navigate the complexities of expanding your business, employing increased accountability, innovative management strategies, and the latest industry tools.

Our top-tier coaches and mentors are dedicated to fast-tracking your business's development into a valuable, long-term asset.

Together, we'll craft a practical business plan that seamlessly integrates into your daily operations. This plan will foster growth in business size, profitability, and team development.

We'll pinpoint and address the barriers to further growth, creating more opportunities for you to achieve your business goals and boost your profits.

Our 6-month Coaching & Mentoring Accountability CURVE programme is the crucial bridge connecting your business vision to the tangible actions needed to propel your business towards that vision, ensuring focused, impactful progress which will accelerate your business, leadership, and professional development journey.

Learn More:

www.thepowerwithintraining.com/solutions/business-coaching/



Executive Team Coaching

Boost your executive team's performance with our Accountability Executive Coaching Programme, where the true value of your company is realised through the effectiveness, morale, and productivity of your teams.

Imagine a team that operates in unison, bound by trust, alignment, and full accountability – with these qualities, you're set to outperform the competition every time.

Our programme is specifically designed to assist executives in overcoming challenges and seizing opportunities by leveraging advanced business psychology, particularly Motivational Intelligence (MQ) and development strategies.

This executive coaching programme is committed to supporting and guiding you towards living the life you aspire to, achieving your dreams, and reaching your highest ambitions.

Despite its proven effectiveness, only a few organisations utilise executive coaching for leadership development.

While many rely on traditional training and job assignments for executive growth, our approach through executive coaching offers a more personalised and impactful pathway to leadership excellence.

Our Executive Coaching is structured around four pivotal stages: awareness, analysis, action, and achievement.

This comprehensive framework ensures a deep understanding of your strengths and challenges, leading to strategic actions and, ultimately, the realisation of your professional goals.

Join the ranks of high-performing leaders who choose executive coaching as their tool for success.



Growth Leadership: Workplace Innovation

Dive into our Growth Leadership: Workplace Innovation programme, a journey designed for visionary leaders aiming to elevate their businesses.

This programme offers an engaging mix of action learning, collaboration, and applied knowledge to enhance your leadership skills and unlock your organisation's potential.

At the heart of this experience is an exploration of Motivational Intelligence (MQ), featuring cutting-edge research, methodologies, and practical implementations that will transform your approach to leadership.

You'll gain insights from renowned bodies like the Scottish Centre for Status Research at Strathclyde Business School and the Harvard Business Review, delving into topics such as job crafting, workplace innovation, and their significant effects on performance management.

Tailored for leaders overseeing business growth, this programme includes a customised Leadership Development Plan (LDP), 8 half-day workshops, 14 hours of one-to-one coaching, and a half day action planning workshop, equipping you with the tools for both personal and professional triumph.



Leading with Change

Dive into our Leading with Change programme, specially curated to equip business leaders like you with the skills to excel in a rapidly changing business world.

This programme isn't just about understanding Motivational Intelligence (MQ); it's about using it as the catalyst for your organisation's transformation.

Our innovative approach combines classroom-style master-classes, engaging discussions, and virtual insights to shape confident and creative leaders.

Supported by insights from the Scottish Centre for Research and Harvard Business Review, you're positioned to learn and lead.

Together, we'll tackle "The Change Dilemma," master the art of managing and leading through transitions, and revolutionise your approach to change across all levels of your organisation.

This journey through our curriculum equips you with strategic priorities and a new perspective on embracing change.

With a focus on the critical role of intelligence in success and developing a top-tier leadership toolkit, our programme prepares you to navigate your business through the complexities of 21st-century change.

Step up and activate the power of Motivational Intelligence leadership within your team or organisation.

Join us to redefine leadership and change management.

Let's inspire the leaders of tomorrow, today.



Evolve: Employee Engagement

Discover how to leverage MQ to enhance your team's performance, creating a workforce that's not only engaged but resilient.

Our innovative programme transforms the way you approach onboarding and employee development with Motivational Intelligence.

Learn the art of recruiting by identifying candidates with inherent Motivational Intelligence, laying the groundwork for a team that's resilient from the get-go.

Our focus extends to integrating self-leadership qualities into new hires during the onboarding process, fostering a culture of positivity and growth orientation from their very first day.

Empower your management and leadership teams with the insights and practical tools needed to nurture a strong team culture and elevate employee Motivational Intelligence.

This strategic approach ensures your workforce remains dynamic, engaged, and prepared to face challenges head-on.

Our method transforms recruitment, equipping recruiters to refine their strategies and questions to spot those with the highest potential for success. While the perfect candidate is a rarity, we aim to unveil individuals brimming with potential and guide managers in shaping these promising talents into successful team members.

Navigating the search for the exceptional two percent of candidates can seem daunting. However, with our expertise, you're well-equipped to achieve remarkable success.

'Evolve: Employee Engagement' offers the key to unlocking a motivated, resilient, and engaged team.



Mentorship Programme

Dive into our tailored Mentoring & Career Development programmes for individuals or organisational needs.

Our approach is structured to foster day-to-day accountability, enhance employee development, and equip participants with ongoing leadership skills, tools, and techniques for cultivating high-performance engagement.

Our career mentoring initiative is pivotal for professional associations.

It bridges industry professionals with students or early-career individuals to exchange vital industry insights and career or academic guidance.

This fulfils the mission of connecting members within the industry and enhances the value of membership, attracting new members and bolstering retention.

Yet, the finest mentoring programmes demand effective promotion, mentor recruitment, and mentor training to flourish.

While introducing our programmes often sparks initial enthusiasm within organisations, transforming this excitement into active participation requires overcoming challenges, such as more effective promotion.

Join our mentoring and career development journey to unlock the full potential of your employees or members, fostering a thriving, knowledge-sharing community that champions growth and innovation.



Motivational Mastery

Elevate your career with our Motivational Mastery programme, tailor-made for executives aiming to fast-track their career progression or secure that well-deserved promotion.

Whether transitioning to a senior executive role or seeking to amplify your career achievements, our programme offers a robust framework that guarantees results through consistency and repeatability.

The Motivational Mastery workshop is more than a training course; it's an immersive experience. It facilitates a journey of discovery in an engaging and humorous setting, moving away from the dullness of traditional learning.

This programme empowers you to declutter your daily tasks, focus sharply on high-value activities, and achieve quicker, more targeted career or business growth outcomes.

Engage with any successful leader or peak performer, and you'll discover a common denominator behind their success: the mastery of motivation.

At their core is a Motivational Intelligence framework characterised by no excuses, no blame, high self-confidence, a resilient and positive outlook, laser focus on goals, and adeptness at navigating comfort zones.

This framework distinguishes the successful from the rest, defining victors, champions, and achievers.

Join our Motivational Mastery programme and embark on a transformative journey to unlock your full potential, master motivation, and become a leader in your field.



Self-Leadership Development

Our Self-Leadership Development programme has been crafted to place you firmly in control of your career, business, and professional life.

Recognising that professionals spend over 80% of their time at work or managing their businesses, our executive training leverages our exclusive Motivational Intelligence seven steps to success framework to markedly enhance your career or business outcomes.

This incredible journey of self-discovery, self-awareness, and self-development is designed to illuminate and help you navigate past the barriers and self-limiting obstacles that have impeded your progress.

With The Power Within Training's expert guidance, you'll learn to overcome these challenges, clearing the path towards achieving your aspirations.

Moreover, this programme is built from the ground up to inspire and guide you towards achieving your goals and empower you with the means to measure success in your career, secure your dream job, and make an immediate, impactful difference in all your endeavours.

Completing our course will equip you to harness emotional intelligence to enhance team performance while grounding your actions in clear values and principles that boost both success and profitability.

If you want to stand out and construct a career or business that fills you with pride, our online self-led programme is your gateway.

Embrace this opportunity to redefine your professional journey with our Self-Leadership Development programme.



Sales & Leadership Development

Ready to tap into your untapped potential and grasp the reins of success? Our Sales and Leadership Development Programme is your portal to a world brimming with opportunities.

This programme is an invitation to spark your potential and escalate your skill through our comprehensive online self-led course, which aims to unveil the sales and leadership expert within you.

This course is a beacon of inspiration and empowerment.

Designed for those eager to grow in their sales and leadership ventures, it is a beacon of inspiration and empowerment.

Embark on a transformative journey with our advanced, self-paced course modules.

Each module, from honing your mindset to devising unbeatable sales tactics, is crafted to arm you with the essential skills and attitude to surmount any obstacle.

Position yourself to accelerate your career trajectory, boost sales figures, and lead with unwavering confidence.

The time has come to unlock your fullest potential and flourish in the competitive modern arena.

Step forward with us and take control of your destiny.

Reach out today and embark on the path to a brighter future.



The Power Within **HER**

Welcome to 'The Power Within **HER**'—a natural extension of The Power Within Training and our dedicated initiative bringing the 'All Things Woman' series, designed to inspire, uplift, and empower women.

We believe every woman holds inherent strength and untapped potential, ready to be unleashed.

Our series, which includes our in-demand courses such as 'You are Worthy' and 'Love Yourself Into Existence', encompasses a range of empowering programmes, each tailored to a woman's journey towards self-discovery and empowerment.

From fostering self-love to cultivating confidence and beyond, our programmes guide women on a transformative path to realising their true worth and potential.

'The Power Within **HER**' invites women into a world of self-reflection, growth, and empowerment, equipping them with the necessary tools to flourish.

Join us in unlocking your inner power as we celebrate and elevate the essence of womanhood together.



www.thepowerwithintraining.com

Our team at The Power Within Training are standing by to make sure you get the help you need.

Whether you have a question, are interested in finding out more or looking for a proposal and more, **we're here for you!**

 0330 133 2975

 contact@tpwtd.com

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