



LEADING WITH EMPATHY THROUGH CRISIS



Leaders are expected to ask good questions, and steer the boat in the right direction - even when all maps are blurred or gone.

This can be highly unsettling - even for great leaders, especially when remote working has taken over face to face meetings.

Empathy for yourself and others is a crucial component.

This leadership workshop helps individuals engage in meaningful and transformative conversations about their concerns, and the essential noble values of great human leadership such as humility, authenticity, vulnerability, courage and wisdom.

A photograph of a business meeting in progress. Several people in professional attire are seated around a conference table. A man in a dark suit and glasses is looking towards a woman with curly hair. The scene is set in a modern office with large windows in the background. A semi-transparent dark banner is overlaid across the middle of the image, containing the text 'WHAT LEADERS WILL LEARN' in white, bold, uppercase letters.

WHAT LEADERS WILL LEARN



Leaders will learn how to own their fears and consciously disengage with them.

Leaders will learn to consciously identify their highest potential values for empathetic leadership.

Participants will learn ways to embody authentic values into their leadership culture.

Workshop Structure:

- 10 min Theory
- 20 min Practical Tools
- 30/60 min Group Practice

Workshop hosted by Sahar S. (English, French, Spanish)



Sahar is a culture strategist and transformation coach. She works with individuals and teams to create lasting change with high impact.

With a 15 year track-record in leading international consumer businesses where she held management roles in Finance, Strategy and Innovation, Sahar's experience combines sharp business acumen with an in-depth understanding of organisational effectiveness and the human capital challenges companies face.

Sahar has worked 7 years in human development, accompanying the transformation of individuals and the growth of teams. She is trained in Tibetan meditation, neurobiology of stress/change, and is passionate about personal development and the human psychology.

Her workshops help teams unlock greater human potential, shift mindsets and build bridges towards a regenerative paradigm.