INTRODUCING CONSCIOUS LEADERSHIP:
Building Self-Aware, High-Impact Leaders

AT A GLANCE

- What it is: Neuroscience-grounded leadership training that helps leaders recognize when they have shifted into a reactive, less effective pattern — and build practical, repeatable ways back to their best self.
- The core idea: Every leader has a least effective self that shows up under stress and a most effective self that shows up when resourced and centered. Leadership is choosing which one shows up.
- Formats: 90-minute introductory workshop and 8-session program for lasting behavior change.
- Outcome: Leaders who influence more consistently from clarity, not reactivity, with a toolkit they have actually practiced, not just heard about.

THE XCHANGE APPROACH TO LEADERSHIP DEVELOPMENT

A framework built on how the brain actually responds to stress, demand and depletion — not generic leadership theory. Leaders learn to:

- Recognize the difference between their least effective and most effective leadership selves, and what triggers the least effective self.
- Map demands versus resources to see the gap before it takes over.
- Use mindfulness tools to return to clarity in real time — not just in reflection afterward.
- Reframe leadership as influence: constantly occurring and a matter of choice.

WHOM IT'S FOR

- Individual leaders wanting a practical, repeatable way to lead consistently from their best selves.
- HR and L&D teams seeking a leadership offering that is neuroscience-grounded, not theory-heavy, and produces behavior change that sticks.

OFFERINGS

Introduction to Conscious Leadership — 90-minute workshop. Introduces the core framework and a centering practice leaders can use immediately. A stand-alone session or an entry point into deeper work.

Anchoring Into Conscious Leadership — 6-8-session program. Moves leaders from insight to habit, building a personalized toolkit that holds up under real pressure.



Facilitator: Jenny Wood, M.Ac., Certified Mediator, Certified xchange Approach Guide and Conscious Leadership Guide

Contact: jennywoodwellness@gmail.com * https://jennywoodwellness.com/
Email to book an introductory call