

## A COURSE DESIGNED TO HELP DEVELOPING LEADERS LEARN & PRACTICE THE ESSENTIAL SKILLS OF HUMAN CONNECTION

Leadership isn't something we're born with — it's something we practice. BE Leadership Essentials offers developing leaders\* a supportive and engaging space to learn, reflect, and grow together while building the essential human skills that define effective leadership. The course includes seven peer-to-peer learning sessions and four hours of personalized one-on-one coaching to enhance learning and support individual growth.

Each group session will include discussion and practices aimed at helping the participants to deepen their understanding of the various leadership skills and how they can embody these skills into their own leadership. While much of the work for this course will take place in the sessions, participants should expect some individual work both pre and post each session. At the conclusion of the course, participants will have created a Personal Leadership User Manual\*\* for themselves.

### The group sessions will cover a variety of topics including:

- Building Trusted Connections
- Creating Psychologically Safer Spaces
- Boosting your Emotional Intelligence
- Embracing Awkward Conversations
- Coaching for Impact
- And much more

### The individual coaching sessions will allow participants to explore topics such as:

- Personal values
- Defining your leadership
- Developing a greater sense of self-awareness
- Personalized discussions focused on embodying the skills discussed in the group sessions

Registration Fee: \$2500.00 (CAD) + applicable taxes  
Registration will be limited to a maximum of 9 people.

### Fall 2025 Cohort Dates (all times ET). All sessions will take place online via Zoom.

Session 1: Tues, Sept 30 from 1-3:30pm

Session 2: Tues, Oct 7 from 1-3:30pm

Session 3: Tues, Oct 21 from 1-3:30pm

Session 4: Tues, Oct 28 from 1-3:30pm

Session 5: Tues, Nov 11 from 1-3:30 pm

Session 6: Tues, Nov 18 from 1-3:30 pm

Session 7: Tues, Dec 2 from 1-3:30 pm

The one-on-one coaching sessions will be scheduled at regular intervals throughout the course. Participants who wish to further their leadership journey can access an additional bundle of leadership coaching sessions following the conclusion of the course at a discounted rate.



## About Brian Edey

Brian Edey is a Leadership and Culture Coach. Through his company, [BE Leadership](#), Brian supports individuals and organizations to develop great leaders and thriving cultures. His work is guided by the values of connection, curiosity, intentionality, and integrity.

Brian is a Certified Integral Professional Coach and holds a Master of Sport Administration degree from the International Academy of Sports Science and Technology in Lausanne, Switzerland. He spent 17 years working in sport in Canada with roles at the Canadian Olympic Committee, Swimming Canada, and most recently the Canadian Paralympic Committee where he held the role of Executive Director, Corporate Services.

Brian is also a former national team swimmer, winning three bronze medals at the 2003 Pan American Games in Santo Domingo, Dominican Republic. Brian lives in Ottawa with his wife and their two daughters.

**\*I define a Developing Leader as someone who is committed to growing in their leadership and who is leading/managing people in their current role.**

### **\*\*What is a Personal Leadership User Manual?**

A Personal User Manual (or Personal Operating Manual) is a tool that allows people to collect short descriptions of themselves such as one's background, values, communication style, etc. These manuals are a great tool for self-reflection. They can be created for personal use or for sharing with others (e.g. colleagues).

Throughout the BE Leadership Essentials, participants will have the opportunity to create their own Personal User Manual with a focus on their leadership style.