



# SPACE TO THINK

## FOR LEADERS AND MANAGERS

A powerful and cost-effective leadership development programme, focusing on the skills, insights and connection needed to thrive in high pressure roles.

### FEEDBACK FROM SPACE TO THINK PARTICIPANTS:



*In my 17 years in my role this has been the best training I've ever been on.*



*It was so valuable. I felt seen.*



*Alison and Jen are wonderfully supportive and reflective and have helped inspire that in me.*



*In the spirit of acknowledging, I think you're really talented and made things interesting. I liked the atmosphere created and felt like I could be myself. I appreciate how you included me and it's above and beyond what I've had in training before. The information on resilience and the concept of the battery were really useful/practical and helpful for self-reflection.*

**Space to Think was created by leadership coaches Jennifer McCanna and Alison Kane in partnership with Sheffield City Council. The programme combines interactive and reflective face to face workshops alongside a suite of bite size online resources.**

Sessions are run by Jennifer & Alison, both highly experienced coaches accredited with specialisms in resilience, leading through change and teaching coaching skills to leaders.

Three sessions are spread across approximately 3 months, allowing space between sessions to embed learning in each individual's day to day context.

**Session (1) Me As Leader** - Participants' energy and resilience and how we can manage it as a human being and as a leader. Our personal values and how they play out at work.

**Session (2) Emotions & Behaviours At Work** - Leadership style and preferences, how this informs how we lead and influence, especially within a hybrid or remote way of working.

**Session (3) Practical Tools to Lead Through Uncertainty** - Leading through change, including the neuroscience behind our emotional response, creating psychological safety and how we can support ourselves and our teams during change.

**Sessions create space for conversation, sharing experiences, reflective exercises (but no cringy ice-breakers) and we teach and practice coaching skills as we go.** Not only does this build a valuable leadership skill in participants but it enables meaningful connection between participants within the sessions.

**The five online modules comprise 5-minute videos and work sheets and cover topics such as workload management, difficult conversations, building trust in a team and leadership styles.** We ask participants to do one module (approx. 30 mins) before each live session, to maximise connection and conversation time in the room.

This training suits both new and experienced leaders, as we apply it in the moment to current and real experiences and challenges and the group learn from each other as well as from the formal content.

We can tweak our delivery to relate it to specific priorities and challenges of the organisation, department or wider context. The more we as facilitators understand the context, the more we can draw out the context-specific learning for those taking part and the more powerful the results.

### WHO ARE WE?



**Jen McCanna** is a leadership coach with the International Coaching Federation (ICF) at PCC level, and has 10 years experience of coaching leaders & managers in a range of organisations. Recent clients include the Department for Education, British Red Cross, The UN Refugee Agency & Voluntary Services Overseas. Jen used to manage a big team within a complex organisation, and brings this insight to designing programmes that she knows creates confident, skilled up and creative managers.

[www.mccannacoaching.co.uk](http://www.mccannacoaching.co.uk)



**Alison Kane** is a highly experienced ICF-accredited coach and coach supervisor working in organisations such as Google to public sector bodies. As the former director of The Resilience Dynamic she is skilled in supporting leaders to create balance and boundaries in busy high pressure roles and brings her systems thinking background to understanding large organisations and their challenges.