

“Leadership and learning are indispensable to each other” - John F. Kennedy

CAPITAL-L LEADERSHIP TRAINING

MENTAL HEALTH LEADERSHIP FOR MODERN PROFESSIONALS

Multi-day, full-day or half-day programming designed to create a foundation for your organization to weather change in today's unpredictable climate and embrace the ever-expanding, ever-growing nexus between mental health and leadership in today's business environment.

Lead trainer and program creator Brian Knowler is a survivor of the dark lows of post-traumatic stress and the incredible highs of post-traumatic growth. He is a senior police leader, lawyer, professional speaker, author, personal coach, Mastermind facilitator, and mental health advocate.



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change

The COVID pandemic of 2020 has completely changed the way business is being done in all sectors - work at home, virtual team meetings, remote management, and offices sitting empty. It's presented those in positions of Leadership with unique challenges that they may have never had to face before, while leaving them to balance work responsibilities with caring for their teams and ensuring they are safe and taken care of.

While this may be a terrifying prospect for some, there are ways to help better equip yourself to continue working through these rapidly changing times and to help you prepare to bring your team back to whatever our new 'normal' turns out to be.

CAPITAL-L LEADERSHIP is the result of Brian's journey through job-related Post-Traumatic Stress and of his subsequent growth after coming through on the other side. There was one underlying factor to his recovery that built on one of Brian's lifelong passions: leadership, and what it meant to have the privilege to be in that role throughout his academic and professional career.

The success of his first book 'On the Other Side of Broken – One Cop's Battle With the Demons of PTSD' allowed Brian to speak with thousands of first responders, military personnel, and frontline service workers. Those conversations, combined with his own experiences and interviews with dozens of leaders in the fields of business, mental health, and public safety, led to his second book 'Career Suicide is Overrated – And Other Lessons For Leaders About Honouring Mental Health Where You Work, Live, and Play' and a training program to complement it.



why

WHY TRAIN IN C-LL?

The goal of the CAPITAL-L LEADERSHIP program is to refine the core skills leaders need to effectively create comprehension of, as well as respect and appreciation for, mental health and wellness issues that impact modern workplaces. Teams with CAPITAL L Leaders have higher morale, increased productivity, better retention rates, use less sick time, and are ultimately happier and more engaged team players. CAPITAL L Leadership isn't simply good leadership for today's world, it's smart, professional leadership.

CAPITAL-L LEADERSHIP is built around eight key concepts:

POWERFUL **C**OMMUNICATION

BUILD SELF-**A**WARENESS

CREATE **P**ERSPECTIVE

NO ONE IS AN **I**SLAND

YOUR **T**EAM IS THE FOUNDATION

ADMIT YOUR MISTAKES

LIVE OUT **L**OUD

LEAVE A TRAIL

concepts

What are some of the topics covered that will help you better embrace mental health issues and incorporate them into your leadership style?

- When to act versus when to talk, and, sometimes, when to stay silent
- Making your 'open door policy' mean something
- Having difficult, but powerful, conversations in a timely fashion
- Recognizing when anger isn't really anger
- Building up your own personal suit of armour to increase your resilience
- How to truly look in the mirror and self-reflect
- Setting a strong example to get buy-in on mental health and wellness
- The importance of mentors for your own well-being
- The overwhelming need to know, support, and advocate for your team
- Your role in a mental health crisis, both immediate and long-term
- How admitting mistakes allows you to get in front of them and still build credibility
- Why the concept of 'career suicide' is overrated
- Creating a legacy as a CAPITAL-L Leader and leaving a trail for others to follow

All training sessions will incorporate both large group and breakout work and participants will leave the session with written supporting materials as well as a copy of Brian's book on which the CAPITAL-L concept was based.

CAPITAL-L LEADERSHIP may be applicable for continuing education credits.

For more information on the program, costs, and available training dates, please contact Brian.

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