

INSIDE-OUT LEADERSHIP

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LEADERSHIP DOES NOT BEGIN WITH THE TEAM.
IT BEGINS WITH THE PERSON LEADING IT.

A five-session journey that helps managers lead themselves, influence others and translate priorities into clearer daily execution.

IDEAL FOR

New, emerging and experienced people managers

CORE FORMAT

5 connected half-day learning sessions

TYPICAL RHYTHM

Sessions spaced around two weeks apart

THE THREE LEVELS OF LEADERSHIP



01

LEAD YOURSELF

Mindset, resilience and daily habits

02

LEAD OTHERS

Communication, influence and accountability

03

LEAD THE BUSINESS

Priorities, meetings, decisions and execution

THE INTENDED SHIFT

FROM REACTIVE MANAGEMENT

TO INTENTIONAL LEADERSHIP.

Pressure may not change. The way leaders think, respond and operate through it can.

THE PROGRAMME ARCHITECTURE

DEVELOP THE PERSON, THE LEADER AND THE DAILY OPERATING SYSTEM.

The sequence moves from inner leadership to interpersonal impact and finally to the operating habits that improve team execution.

LEARNING BY DOING

WE DON'T NEED MORE KNOWLEDGE. WE NEED BETTER DAILY HABITS.

30%

CONCEPTS & MINDSET

30%

PRACTICAL TOOLS

30%

HANDS-ON PRACTICE

10%

REFLECTION & COMMITMENT

FIVE CONNECTED SHIFTS

01

LEAD YOURSELF

SELF-LEADERSHIP UNDER PRESSURE

Growth mindset, agency, resilience and becoming more 'unstressable' under pressure.

TANGIBLE OUTPUT

Leadership Growth Map

02

LEAD YOURSELF

LEAD THE DAY

Daily success habits that protect priorities, time, energy and focus.

TANGIBLE OUTPUT

3-3-3 Weekly Plan

03

LEAD OTHERS

COMMUNICATE & INFLUENCE

Active listening, DISC, adaptive communication and responsible influence.

TANGIBLE OUTPUT

Communication Adaptation Map

04

LEAD OTHERS

FEEDBACK & ACCOUNTABILITY

Coaching, difficult conversations, expectations, delegation and follow-through.

TANGIBLE OUTPUT

Conversation & Accountability Plan

05

LEAD THE BUSINESS

ALIGN THE TEAM & IMPROVE EXECUTION

Clearer roles, better meetings, stronger decisions and practical operating rhythms.

TANGIBLE OUTPUT

Team Execution Plan

HOW PROGRESS BECOMES VISIBLE

Pre-journey pulse | Behaviour commitments | Workplace application | Final activation plan

Sessions are spaced approximately two weeks apart so participants can apply one habit, gather evidence and return ready to reflect and refine.

WHAT SHOULD BEGIN TO CHANGE AT WORK

Greater composure under pressure

Clearer priorities and expectations

Stronger accountability habits

Better meetings and decisions



FACILITATED BY

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LET'S IDENTIFY THE PERFORMANCE SHIFT THAT MATTERS MOST.

Discovery conversation | Tailored Inside-Out Leadership proposal

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