

Exec+

Transformative Leadership Programme



AMBITION
DELIVERED
TODAY

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We partner with you to grow your business and equip your team with the skills and knowledge they need to thrive.
We understand that your people are your greatest asset, serving as both cultural leaders and catalysts for growth. Investing in the future of your organisation and its people is just as essential as future-proofing your products or services.



TRANSFORMATIVE LEARNING FOR BUSINESS LEADERS

Teesside University offers bespoke leadership and management training, specialising in cultural transformation, organisational change, sustainability and artificial intelligence (AI).

We have a track record of delivering training to global private organisations and the public sector, from large-scale year-long programmes to one-off interventions.

Our delivery team are not only at the cutting edge of academic research in the field of leadership, many of them have also held executive-level positions in organisations and understand the challenges that businesses face.



OUR OFFER



Core leadership skills

- > **Emotional intelligence and leadership:**
enhance self-awareness, empathy, and relationship management.
- > **Strategic thinking:**
long-term visioning, planning, and execution.
- > **Decision-making:**
structured approaches to making sound, ethical, and timely decisions.
- > **Change management:**
lead teams through change, transitions, and uncertainty.
- > **Conflict resolution and difficult conversations:**
techniques to manage and resolve team disputes.
- > **Coaching and mentoring:**
develop others through guidance, support, and feedback.
- > **Resilience and adaptability:**
cultivate personal resilience to navigate stress and adversity.
- > **Self-leadership:**
develop personal discipline, accountability, and continuous learning habits.



Team management

- > **Team dynamics:**
build and manage high-performing teams.
- > **Motivation and engagement:**
inspire employees to achieve their best performance.
- > **Communication skills:**
master active listening, clear messaging, and delivering constructive feedback.
- > **Delegation and empowerment:**
efficiently assign tasks and responsibilities whilst fostering accountability.
- > **Performance management:**
set objectives, monitor performance, and conduct appraisals.
- > **Time management:**
prioritise tasks and manage workloads effectively.
- > **Project management for non-project managers:**
plan, execute, and deliver projects on time and within scope.

Future of work

- > **Sustainability leadership:**
learn the strategies for embedding sustainability into your business
- > **Artificial intelligence (AI) and digital leadership:**
lead digital transformation and leverage AI for decision-making and innovation.
- > **Agile leadership:**
apply agile methodologies to lead flexible, adaptable teams in fast-changing environments.

CUMBRIA CONSTABULARY MENTORING AND EXECUTIVE COACHING PROGRAMME

Discover how we can work with you to deliver real impact and positive change for your organisation.

Teesside University International Business School and Cumbria Constabulary have worked together for four years. The Business School and Cumbria Constabulary developed and delivered mentoring and executive coaching to a closed cohort of 60 senior police officers – primarily at Sergeant, Inspector or Chief Inspector rank - with identifiable leadership promise and characteristics profiled by Cumbria Constabulary.

The mentoring and executive coaching programme consisted of five one-to-one sessions for each participant. It began with a personal diagnostic report, followed by tailored exercises and tools.

Each participant worked towards establishing clear, agreed-upon SMART career goals by the end of the programme.



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PROGRESS YOUR CAREER

'I found the task-setting around my development particularly useful, as it provided the accountability I needed to push myself. Without it, I wouldn't have completed those tasks. I now feel much more confident moving forward and would highly recommend coaching to anyone looking to advance their career.'

Charlie,
Cumbria Constabulary participant



SABIC

Working in collaboration with Saudi Arabian chemical company SABIC – one of the world's leading petrochemical manufacturers – we developed a series of business masterclasses.

The masterclass series, for 30 employees, was designed to help grow the capabilities of middle managers and covered a wide variety of topics, from effective communication and mentoring, to motivational team leadership and human resources.

'The beauty of the masterclass series is that individuals can pick and choose which modules suit their needs. The range of personal development we'll see across all areas will be quite significant. Highly trained and developed managers are key to the success of our business and our ability to achieve our aims.'

Kathryn Harper,
Senior Specialist Talent Analytics, SABIC

YOUR BESPOKE OFFER

WE DIAGNOSE

to gain a full understanding of your business direction, values and strategy, and the challenges you face.

WE DEVELOP

a fully customised programme to suit your timescales, preferred method of delivery and content requirements.

WE DELIVER

the perfect training package, delivered by industry experts in a style which suits your workforce, and at a time that works for you.





GET IN TOUCH

Contact our team for a tailored programme for your valued leaders.

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