

People Leader Program Overview

insync Leadership
Empower Your Leaders Transform Your Business

What to expect

Practical, tools-based training that builds confident, capable leaders in just 2.5 hours per month. Leaders apply what they learn - then share and embed the tools with their teams.

Over 12 months leaders become

More self-aware and connected

- Use time and energy more effectively
- Develop and grow their people
- Get the best out of everyone

Effective team leaders

- Build high performing teams
- Delegate smartly and free up time
- Focus on what matters most

Culture and performance champions

- The team aligned to organisational outcomes
- Accountable to culture and results
- Ongoing learning and improvement

Your organisation gets

- Built in scalability and cost savings
- An aligned action-based culture
- Increased engagement and retention
- Strong cross-functional collaboration
- A self-sustaining leadership program

Time commitment

People Leader:
2.5 hours per month

People Leader's Leader:
1 hour, plus 15 minutes
coaching per People Leader

Program duration

12 months

Participants

People Leaders and their
Leaders



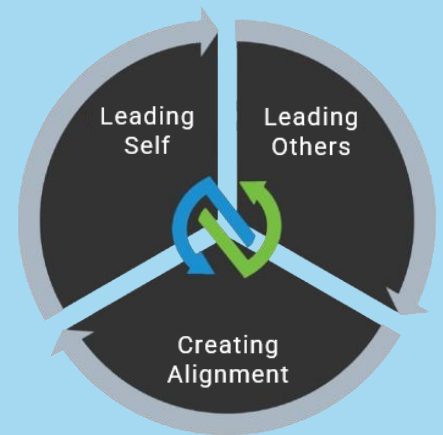
iNsync Learning

People Leader training that sticks

The InSync Learning© System is the foundation of our leadership development approach - designed to move beyond traditional workshops and deliver real, lasting change.

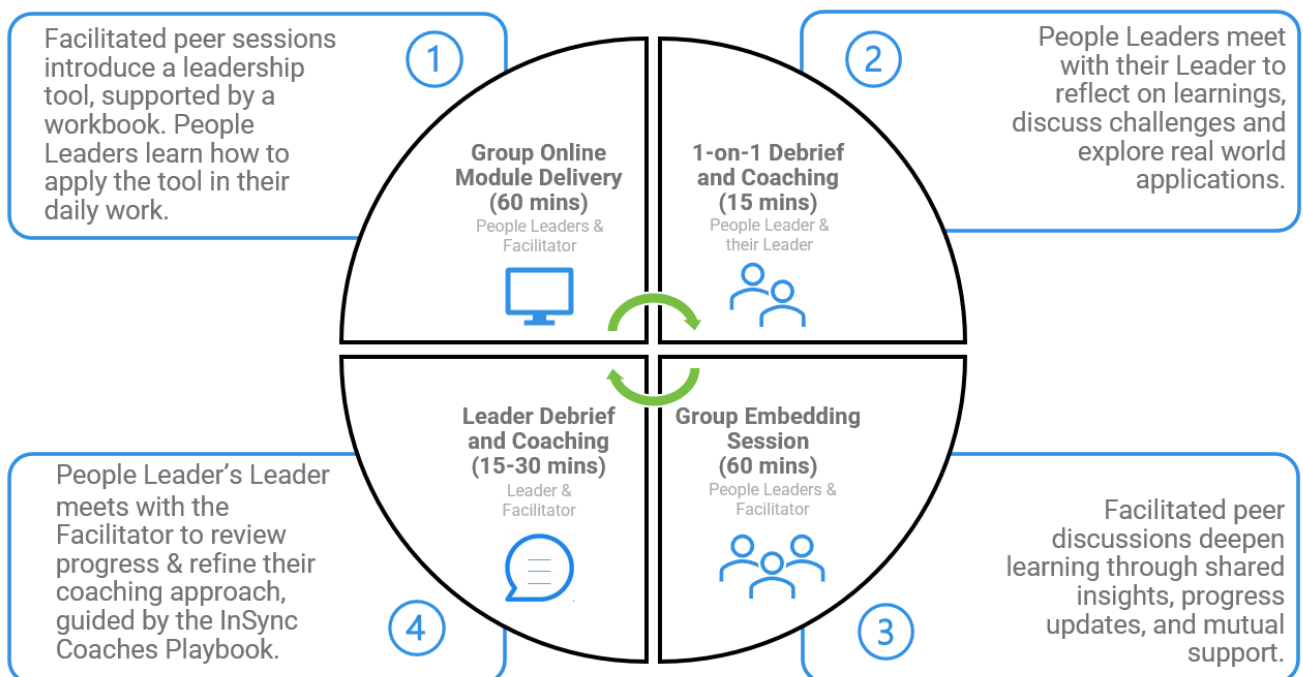
Four structured steps build the skills and self-awareness leaders need to shift behaviour in meaningful, measurable ways and equips them to share the tools with their teams.

The result? Sustainable performance uplift across three essential dimensions: **Leading Self, Leading Others, and Creating Alignment.**



People Leaders develop and hone their skills by applying the tools daily over the course of 12 months

iNsync Learning© - Monthly Cycle



THE RESEARCH IS COMPELLING...

Despite billions spent globally on leadership development, many organisations are not seeing the results they expect. Programs are often time-heavy, theory-based, and disconnected from daily work realities. As a result, confidence in traditional approaches is fading, and frustration is rising. Leaders are questioning the return on investment, and the need for a more practical, measurable, and embedded approach has never been clearer.



Why traditional leadership training is falling short

Time heavy and disruptive:

One day or half day workshops cause significant disruption and cost.

Content heavy and theory based:

Only 10% of the information taught is retained

No follow up or accountability:

No plan to make the learnings stick

Individual learning:

No ongoing support from their leader or peers

No hard measures:

Measures are subjective and taken straight after workshops



Leadership development that sticks

Continuous monthly training and daily practice

Equipped to embed tools directly into their teams

Practical, game-changing tools applied every day

Peer learning and coaching to drive accountability

New mindsets and approaches that stick

Impact tracked through meaningful measures

Scalable and flexible to fit your organisation

Skilled People Leaders are powerful levers for organisational success

When they're equipped with the right tools, something shifts - they stop guessing and start leading with clarity. They see a better way forward, for themselves and their teams. Performance lifts, stress drops, and the future feels brighter. With simple, practical tools, they create efficiencies, unlock opportunities, and drive results that stick. Our program takes leaders and their teams to the next level.

What gets covered



EQ Perspectives

A simple and practical approach to emotional intelligence, helping leaders unlock their own potential - and then that of their teams.



Coach & Critic

Leaders explore their proactive Coach and reactive Critic mindsets learning how to empower the coach in themselves and others.



Purpose & Values

Grounding in personal purpose and values builds resilience and fulfillment, guiding leaders through challenges and change.



Team Development Cycle (TDC)

A roadmap containing the tools for building and sustaining high-performing teams, often overlooked by most leaders.



Team Foundations

Leaders learn how to co-create with their teams the right foundations to unlock their collective potential.



Debriefing & Feedback

Core tools for continuous improvement, learning, and growth - essential for teams to be high performing.



Facilitative Leadership

A powerful yet underused leadership style. Leaders learn when and how to use the facilitation toolkit to keep teams engaged and aligned.

***“These tools
changed
everything!
Suddenly
leadership felt
lighter, clearer,
and enjoyable”***



Leader Responsibility

A light approach with an impactful tool that explores personal responsibility and team alignment to drive meaningful change.



TDC Model Aligned

Leaders apply tools based on their team's stage in the Team Development Cycle to build stability and forward momentum.



The Leader Perspective

Clarifies the difference between leadership and management actions, helping leaders free up time and focus on high-value activities.



Organisation Alignment - Helps leaders align their teams with the organisation's vision, purpose, and strategy - breaking down silos and building clarity and commitment.



Team Partnering

Equips leaders to build strong stakeholder partnerships, align goals, and create shared value across teams and functions.

"My managers are good operators, but they needed support to become better people leaders. InSync Leadership has sparked that shift, bringing a new dimension to their teams and how they lead. The results are outstanding – greater cohesion and collaboration across teams, and a wave of fresh thinking that's delivering new value for the organisation."



How we do it

InSync Leadership partners with organisations to transform how people lead - building practical, tools-based capability that grows leaders who, in turn, grow their teams.

Our licensing model ensures every leader can share the tools with their team, embedding learning and accelerating culture change.

The program is delivered through a trusted network of InSync Leadership certified partners.

Get in touch

insyncLeadership.com



Turn your managers into high impact leaders.