

SECURE LEADERSHIP 6-MONTH PROGRAM

**Lead with clarity under pressure.
Navigate conflict without reactivity.
Build strong, accountable teams.**

WHAT THIS PROGRAM BUILDS

- Grounded, effective leadership in conflict.
- Direct, accountable communication.
- Faster repair and reduced escalation across teams.
- Teams that operate with trust and follow-through.

VIRTUAL | PILOT COHORT
JUNE THRU NOV. 2026
12-15 PARTICIPANTS
\$3,000 INVESTMENT



LIVE, FACILITATED SESSIONS (2.5
HRS EACH MONTH)



REAL-TIME APPLICATION



PEER LEARNING AND STRUCTURED
REFLECTION MONTHLY



CONFLICT DYNAMICS PROFILE
ASSESSMENT + DEBRIEF



CURATED LESSONS GROUNDED IN
RESEARCH



INDIVIDUAL COACHING TO SUPPORT
REAL-TIME INTEGRATION



APPLIED STEWARDSHIP WORK
WITHIN YOUR ORGANIZATION

WWW.CHRISTINAMKING.COM/SLP

THE REALITY OF LEADERSHIP

Across organizations, a common pattern emerges:

- Leaders are promoted for competence, not relational capacity.
- Emotional regulation and conflict skills are rarely taught.
- Performance is measured, but team culture is under-measured.
- Leadership tools fail because internal patterns remain unchanged.

When conflict appears in the workplace:

External conflict → Triggers internal emotional reaction → Determines leadership behavior

A DIFFERENT APPROACH TO LEADERSHIP

The Secure Leadership Program develops grounded, self-aware leaders who can regulate under pressure, navigate conflict effectively, and create psychologically healthy workplace cultures.

The program strengthens both:

- *Individual leadership capacity*
- *Organizational health*

Secure Leadership focuses on the internal drivers of leadership behavior—particularly attachment patterns and conflict reactivity—which influence communication, decision-making, and team dynamics.

The goal is to help leaders shift from reactive patterns to secure relating under pressure.

PARTICIPANTS LEARN TO:

- Identify activation and deactivation patterns.
- Regulate before responding in conflict.
- Communicate with clarity during difficult conversations.
- Recognize attachment dynamics in teams.
- Repair relational ruptures more quickly.
- Lead effectively across teams and roles.

6-MONTH VIRTUAL PROGRAM

Participants move through a structured monthly rhythm that integrates learning, application, and reflection:

Group Sessions

Six facilitated sessions focused on skill development and integration.

Individual Coaching

Two individual coaching sessions to support assessment integration and real-time leadership application.

Peer Pods

Small groups for reflection, application, and accountability.

Assessments

Workplace Attachment Screener

Conflict Dynamics Profile with debrief and action plan.

Stewardship Project*

Real-time application within your organization.

**Participants apply program concepts to a real leadership or team challenge within their organization.*

THREE CORE ELEMENTS

The developmental arc of the program focuses on three leadership capacities:

- **SELF-AWARENESS**
Allowing leaders to interrupt automatic reactions.
Recognizing triggers, emotional patterns, and internal narratives in real time.
- **ATTUNED COMPASSION**
Strengthening trust and psychological safety.
Staying present in conflict while understanding what's beneath behavior.
- **COHERENT NARRATIVES**
Creating consistency between intention and leadership behavior.
Shifting from reactive stories to intentional, responsibility-driven leadership.

Together, these three capacities develop secure relating in leadership—especially under pressure, conflict, and uncertainty.

WHO THIS PROGRAM IS FOR:

Emerging leaders
stepping into new
leadership roles

Mid-level leaders
managing teams and
cross-functional
dynamics

Senior leaders
responsible for
culture, performance,
and accountability

PROGRAM TEAM

Christina King *Program Director, Creator of Secure Leadership*

Christina King is a leadership coach, psychotherapist, and speaker with over 16 years of experience working at the intersection of human behavior, relationships, and leadership development.

She is the creator of the Secure Leadership model, which integrates attachment science, emotional regulation, and conflict dynamics to help leaders lead with clarity and accountability under pressure.

Christina partners with leaders and organizations to strengthen relational capacity, navigate conflict effectively, and build psychologically healthy, high-performing teams.



Jenna Ioffredo *Program Coordinator*

Jenna Ioffredo supports the design and delivery of the Secure Leadership Program, ensuring a structured and seamless participant experience.

Her work focuses on operational coordination, participant support, and program flow, helping leaders stay engaged and supported throughout the learning and integration process.



Leadership is a relationship. And that relationship starts with YOU.
Apply now at www.christinamking.com/slp.

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