

SECURE LEADERSHIP

Curriculum Overview

This 6-month program centers on developing greater self-awareness, emotional resilience, secure communication, and relational effectiveness through attachment science, conflict work, and real-world experiential practice.

SESSION 1: ATTACHMENT FOUNDATIONS IN LEADERSHIP

Explore how attachment patterns influence leadership behavior, communication, and reactions to conflict.

Topics include:

- Attachment theory and styles
- The Connect versus Protect brain
- Insecure relating versus secure relating.

SESSION 2: CONFLICT AS THE ACTIVATOR

Examine how conflict activates attachment patterns and shapes leadership behavior.

Topics include:

- Conflict dynamics in leadership (constructive, destructive, hot buttons)
- Anatomy of a trigger
- Conflict mapping

SESSION 3: ATTUNEMENT & LEADERSHIP PRESENCE

Master interpersonal awareness and practice attunement skills that strengthen self-understanding, emotional awareness, and secure relating in leadership.

Topics include:

- Understanding fears, feelings, and internal working models
- Attuning to internal conflict and meaning-making
- Self-compassion and resilience

SESSION 4: ATTACHMENT PATTERNS IN THE WORKPLACE

Apply attachment awareness across teams, leadership structures, and workplace relationships.

Topics include:

- Attachment dynamics in workplace relationships
- Responding with awareness and attunement under pressure
- Boundaries that support secure relating

SESSION 5: ACCOUNTABILITY & REWRITING NARRATIVES

Rewrite conflict narratives and relational patterns by moving from reactive roles to empowered leadership.

Topics include:

- Repair and accountability
- Building coherent narratives
- Embodying empowered leadership

SESSION 6: SECURE LEADERSHIP INTEGRATION

Participants share and apply coherent narratives to embody secure relating and leadership growth in practice.

Topics include:

- Individual presentation of coherent narratives.
- Holding pain + growth
- Integration of body and mind

STEWARDSHIP PROGRAM

Participants apply and integrate Secure Leadership concepts within their workplace and relational dynamics.