



FARAH HARRIS

LEADING FROM THE INSIDE OUT: BUILDING TRUST THROUGH AUTHENTIC LEADERSHIP

MARCH 20, 2025 | 9:00 A.M. – 4:00 P.M.

Leadership is not just about strategy and execution; it's an emotional journey influenced by our past experiences and personal growth. Understanding this journey and its impact on your leadership style is crucial for becoming an authentic and intentional leader. This program invites you to unlock the power of your authentic leadership by understanding how to shape your leadership identity and inspire your team.

In this engaging program, led by Farah Harris, leaders will learn to leverage their emotional intelligence to self-audit and understand the experiences that shape their leadership style. Trust, which has been eroded in many organizations, is essential for fostering engagement and reducing turnover. This program addresses the critical need to rebuild trust by focusing on self-awareness, personal growth, and the cultivation of psychological safety. Through a dynamic blend of research, discussions, anecdotes, and practical exercises, you will explore the core principles of emotional intelligence and authentic leadership and how they can be leveraged for maximum leadership effectiveness.

Moving beyond conventional leadership models, this program emphasizes the importance of leading from your true self to create a positive ripple effect on your organization's culture. By embracing authentic leadership, you will foster an environment where open communication, trust, and mutual respect thrive. This space enables you to better understand and meet the needs of your team members, enhancing individual and team performance and contributing to a more engaged and loyal workforce. Discover how authentic leadership can transform your approach from the inside out.

This program will help leaders:

- Recognize the impact of past experiences on current relationships and gain a deeper understanding of your values, strengths, and leadership style.
- Enhance emotional intelligence by learning practical strategies to navigate and manage emotions, fostering better communication and collaboration within your team.
- Cultivate authentic leadership by discovering how aligning personal values with professional responsibilities leads to more genuine and impactful leadership.

Competencies Addressed: Builds Effective Teams, Demonstrates Self-Awareness, Develops Talent, Drives Engagement, Strategic Mindset

FARAH HARRIS

Farah Harris is a psychotherapist and workplace belonging and well-being expert dedicated to disrupting unhealthy work environments. She is the founder and CEO of WorkingWell Daily®, a company that approaches workplace belonging and well-being from a psycho-social and emotional intelligence lens. Farah has helped individuals and Fortune 500 companies develop healthier workplaces where employees want to stay and thrive because their leaders and teams have grown in empathy, self-awareness, social awareness, and cultural awareness. As a mental health practitioner and consultant, Farah is aware of the intersectionality between well-being, equity, and inclusion. She is a sought-after expert on mental health, psychological safety, workplace culture, and emotional intelligence. Her work has been featured in media and podcast platforms such as Forbes, Fast Company, Business Insider, Harvard Business Review, Huffington Post, Essence, Good Morning America, Martha Stewart, Thrive Global, and Therapy for Black Girls. Farah is also the author of the international bestselling book, *The Color of Emotional Intelligence: Elevating Our Self and Social Awareness to Address Inequities*, a groundbreaking exploration of how cultural background and identity influence our emotional intelligence and shape our relationships with others.

