

atosú

Restart Your Ambition



# Leadership—Why Bother?

LEADERSHIP DEVELOPMENT PROGRAMME FROM  
**Atosú**

**ACCEPTING BOOKINGS**  
Contact for complimentary  
needs assessment

# Stop, Rest, Reflect, Restart.

Expand your awareness.

Discover the answers to today's challenges.

Through Atosú's flagship LWB programme, you can take time and space to look at the bigger questions of your life and leadership—and chart a new course. LWB is designed for leaders, entrepreneurs and those with ambition.

Our approach combines classroom learning, extra-curricular activities, peer to peer engagement and ongoing support to provide you with a unique personal development opportunity.



## By the end of this programme, you will:

### Embrace

A broader, sustainable leadership approach that supports high performance in an authentic environment

### Expand

Your awareness and self-knowledge and enjoy more the ongoing challenges and opportunities in your life and career

### Plan

For individual change with the development of an action plan

### Change

Your life and career with a sustainable framework

*Contact us now at [hello@atosu.ie](mailto:hello@atosu.ie)*



*We offer a range of onsite and online programmes and courses at Atosú, addressing key themes for leaders who want to be at the cutting edge of an ever-changing world.*



## LWB takes a novel approach with truly unique content.

LWB was developed using a combination of decades of industry and leadership expertise, methodical learning curriculum structure, extra curricular activities and timeless teachings. With it, you can discover more about yourself and those you lead to achieve greater, more sustainable results.

Our facilitators and teachers are a combination of business practitioners, leading academics, and guest speakers.

### Benefits:

- Rich insights and deeper understanding.
- Feeling 'in-tune' with yourself, your motivations and goals.
- Clarity, focus and greater confidence and self-knowledge.
- Work, and life, becomes more rewarding.
- Membership of the Atosú 'Clann' community of leaders and entrepreneurs.

### How is the programme delivered?

LWB is best experienced when participants take time out to join us for 5 days in Ireland for a fully immersive experience. As time away from the daily cut and thrust is often just what's needed.

However, we can tailor the delivery of the course to your individual or organisation's needs. Some modules are suitable for remote work before completing the rest of programme in-person.

### What is included in the cost?

Almost all costs required for a great experience are covered by course payment, including accommodation, daily transport, most meals, extra-curricular activities and course materials. Flights and personal expenses are not covered.



*Becoming a valued member of the Atosú 'Clann' means joining a vibrant and diverse community that nurtures relationships, connection, debate, curiosity and the simple joy of leading.*



# Change begins with you.

## Influence change in the organisations and people you lead.

Atosú's focus on greater awareness and sustainable performance sets us apart from other executive training courses. LWB's model of *Stop – Rest – Reflect – Restart* transforms not just how you work, but why.



*Our programmes are investments in you that pay dividends in life and job satisfaction, fresh creativity, effectiveness and so much more.*

### The classroom modules cover:

- Awareness
- Self-Awareness
- Alignment
- Materiality
- Authentic Leadership

### The Location

**Tormay House**, located in the village of Clontarf, was for many years the local post office and heart of the local community. Recently fully renovated, it's designed specifically to facilitate group activities like presentations, meals and workshops, but also to encourage micro-interactions or individual moments of reflection. The mix of spaces includes a lush, contemplative garden, cosy living areas and bright, open workrooms.

Its central location means it is also very close to:

- Coffee shops and restaurants
- Dublin Airport, city centre and local transport connections
- Beautiful beaches for walks, swimming and enjoying nature
- St. Anne's Park rose gardens and woodlands, formally owned by the Guinness family
- Prime golf courses
- Historical and cultural attractions



## Cost

Standard cost per participant is €10,000.

We offer discounts for altruistic organisations and people.

## Enquire today

Contact us at [hello@atosu.ie](mailto:hello@atosu.ie) to arrange a complimentary discovery session to assess the development needs of your people.

## About Atosú

Atosú, named after the Gaelic word for ‘restart’, is an Irish Leadership Institute addressing a global audience. Atosú is about authentic, sustainable leadership and performance for a new world of constant change. We run onsite and online leadership programmes, and planning and creative activities that help you find clarity and calm.

*From stillness comes action.*



For further information:

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*We aim to change  
the world, by  
helping you change  
your world.*