

Dunholm Leadership Programme

CURRICULUM OVERVIEW · 20 SHORT MODULES · 4 STAGES · 12 WEEKS · ONLINE · EVALUATED

Psychology-based frameworks translated for managers. Practical enough to apply today, rigorous enough to last a career.

The Dunholm Leadership Programme is built on decades of peer-reviewed, world-leading research in psychology. Across four stages, you'll move from leadership fundamentals through wellbeing, team performance, and the resolution of conflict and incivility — equipped with frameworks and practices backed by science.

STAGE 01.

The New Science of Leadership

Foundations for effective, human-first leadership.

- 01 Leadership Fundamentals — mastering effective, human-first leadership with confidence and impact
- 02 Building Trust That Lasts — how to develop and repair trust, without cynicism and pushback
- 03 Becoming a Respected and Legitimate Leader — how to give and receive feedback with skill
- 04 Bridging the Gap — how to lead hybrid and remote teams with confidence and connection
- 05 Leading Yourself First — mastering self-leadership to lead others effectively

STAGE 02.

Nurturing Wellbeing and Managing Work Demands

Protecting energy, focus and team success.

- 01 The Science of Wellbeing — what it really means to thrive as a leader, and help your team do the same
- 02 An Introduction to Burnout — how to recognise burnout and protect against its harm
- 03 Understanding Work Stressors — how to recognise what is draining you and respond with clarity
- 04 Overcoming Leader Impostorism — how to thrive, without self-doubt or sacrifice
- 05 Science-Backed Coping Strategies — how to replenish your energy and build lasting resilience

STAGE 03.

The Science of Thriving Teams

Building, energising and sustaining high performance.

- 01 Conquering Quiet Quitting — how to reignite motivation and keep your team engaged
- 02 Building High-Performing Teams — how to get your team to hit KPIs and beyond, without burning them out
- 03 Psychological Safety in Practice — how to create the conditions your team needs to do their best work
- 04 Failure as a Force for Good — how to use setbacks to fuel growth and performance
- 05 Team Identity as a Performance Driver — how to build a team that shows up for each other

STAGE 04.

Resolving Team Conflict and Incivility

Restoring dignity, respect and trust at work.

- 01 Bright Side, Dark Side — how leaders positively and negatively impact team microclimates
- 02 Understanding Incivility and Tension at Work — how to recognise and protect your team's culture
- 03 The True Harm of Workplace Incivility — why it matters more than most leaders realise, and what it costs your team
- 04 Reducing Mistreatment and Incivility — evidence-based approaches for reducing harm and motivating respect
- 05 Cultivating a Microclimate of Respect, Dignity and Inclusion — an autonomy-supportive approach