Dunholm Leadership Programme

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

Peer-reviewed leadership science, translated for managers.

The Dunholm Leadership Programme is built on over a decade of research with thousands of leaders across multiple sectors. 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 grounded in peer-reviewed evidence.

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 — without people-pleasing and self-doubt

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 Understanding Burnout — and protecting against its harm

03 Overcoming Common Leader Struggles — how to thrive, without self-doubt or sacrifice

04 Understanding Work Stressors — how to recognise what is draining you and respond with clarity

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 hit KPIs and beyond, without burning them out

03 Psychological Safety in Practice — creating 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 — building a team that shows up for each other

STAGE 04.

Resolving Team Conflict and Incivility

Restoring dignity, respect and trust at work.

01 Understanding Incivility and Tension at Work — recognising and protecting your team's culture

02 The True Harm of Workplace Incivility — why it matters more than most leaders realise

03 Responding to Mistreatment and Incivility — evidence-based approaches to repairing harm

04 Understanding the Science of Authenticity — encouraging team members to bring their full self to work

05 Cultivating a Microclimate of Respect, Dignity and Support — nurturing belonging and inclusion