



# THEORIA

ASSOCIATES

## *Core Clarity*

### One-day Leadership Recalibration

Core Clarity is a psychologically grounded, one-day leadership training designed for leaders and mid-level managers, with direct relevance to senior leadership teams. It is built for organizations with capable, intelligent teams where something feels off - misalignment, friction, reactivity, or erosion of psychological safety that standard leadership tools fail to resolve.

This training introduces **Internal Family Systems** (IFS) as a practical and powerful framework to strengthen leadership and workplace dynamics. Rather than focusing on surface behaviors or performance techniques, Core Clarity offers *a fundamentally different way of understanding human behavior* - one that equips leaders to recognize what is happening beneath reactions, conflict, and breakdowns in trust.

Through a blend of education, guided exploration, and applied discussion, leaders gain a shared language for understanding internal dynamics, interpersonal patterns, and system-wide stress responses. The result is greater clarity, steadiness, and capacity to lead with discernment under pressure.

#### **What This Training Provides**

Participants leave with:

- A shared psychological framework for understanding behavior, conflict, and reactivity at work
- Practical tools to interrupt reactivity in real time - internally and interpersonally
- Greater capacity to foster psychological safety, curiosity, and trust within teams

This is not motivational speaking or a traditional leadership skills workshop. It is a recalibration of how leaders understand themselves, others, and the systems they operate within.

## **Structure & Follow-Up Integration**

Core Clarity includes:

- A full-day, in-person leadership training
- Two live virtual integration sessions (90 minutes each) following the training
  - Open to all participants
  - Designed to support real-world application, reflection, and integration
  - Can include case consultation, Q&A, and applied discussion of live workplace scenarios

These sessions ensure the work does not remain conceptual, but becomes usable and embodied within day-to-day leadership contexts.

### **Who This Is For**

- People leaders and managers navigating complex human dynamics
- Leadership teams seeking greater coherence, trust, and clarity
- Organizations ready for a more sophisticated approach to leadership development

### **How to Engage**

Core Clarity is offered as a private training for organizations.

Investment: \$5,000 - \$9,000 based on group size, customization and context, including a full-day of in-person training & 2 follow-up sessions. Travel billed separately.

Details and scheduling are determined through a brief exploratory conversation.

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