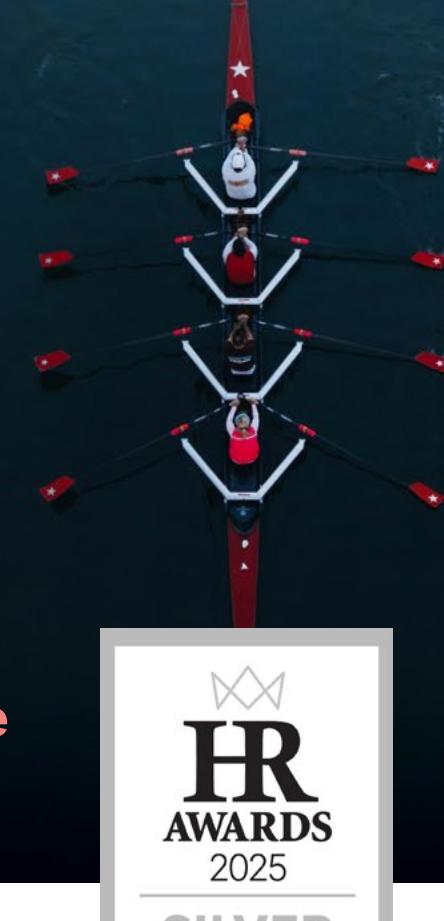


# Positive Leadership: Unleashing the Power of Trust

A Group Coaching Program for People Leaders

Build Trust · Boost Engagement · Strengthen Performance



An award-winning leadership development journey for people leaders who want to lead teams that perform, adapt and thrive — **in ways that are sustainable for both people and organizations.**

Rooted in **applied organizational and positive psychology**, the program supports leaders in navigating today's complexity by focusing on the **human side of leadership that matters most**.

## Who it is for

People Leaders ready to invest in meaningful leadership growth.

[Find out more on our website](#)

## The Journey

**Kick-off meeting**

**6 group coaching sessions**

2,5 hours (16:00–18:30) | Every 3 weeks | Face-to-face

**Celebration gathering**

April 2026

October 2026

## Key Leadership Themes

- ✓ **Trust & psychological safety** for learning & innovation
- ✓ **Purpose & meaning** at work for higher engagement
- ✓ **Empathy & positive communication** for connection & motivation
- ✓ **Wellbeing & resilience** for sustained performance
- ✓ **Habits** for sustainable behavior change
- ✓ **The cycle of performance** for fulfilling your team's potential

## Self-Awareness Tools

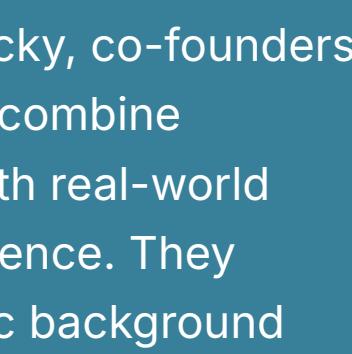
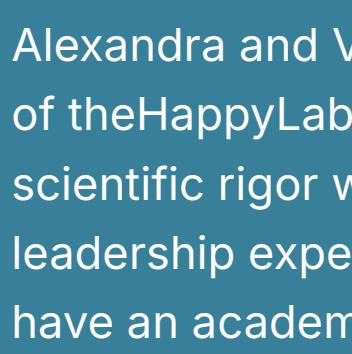
**Facet5 Personality Questionnaire**  
Leadership style, strengths & behavioral preferences

**LeaderTrustView 180° Survey**  
Anonymous feedback from direct reports on trust-building behaviors

## Why it stands out

- ✓ **Group Coaching** approach to combine
  - The personalized action-oriented approach of Coaching
  - with the dynamics and peer learning of Experiential workshops
- ✓ **Small groups** (10 participants) for trust, depth and personalization
- ✓ **Long-term** design that supports real application
- ✓ Robust **self-awareness tools** with practical relevance
- ✓ Strong **human & psychological lens** on leadership

## Your Coaches



**Alexandra Lekkou & Vicky Grigoriadou**  
Co-Founders | Certified Coaches | Facilitators

Alexandra and Vicky, co-founders of theHappyLab, combine scientific rigor with real-world leadership experience. They have an academic background in psychology, long experience in senior HR and Business management roles, are certified professional coaches, trained facilitators and mentors.

## Venue

### Point124

Kifisia Avenue & Miltiadou latridou 2,  
Athina 115 26

(parking available for all participants)  
[point124.gr](http://point124.gr)

## Fees

**€2,850 per participant (+VAT)**

Preferential rates for groups from the same organization

## Registration

Contact us for more information & registration at:

**6947074664**

[contact@thehappylab.gr](mailto:contact@thehappylab.gr)

**WE LOOK FORWARD TO WELCOMING  
YOU TO POSITIVE LEADERSHIP!**

 theHappyLab