

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
Kifisias Avenue & Miltiadou Iatridou 2,
Athina 115 26
(parking available for all participants)
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

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