



eLEADERSHIP  
ACADEMY™



# ONLINE LEADERSHIP TRAINING

Build leadership, coaching, management,  
and team resilience with online, human-centric  
training that works.

[e-LeadershipAcademy.com](https://e-LeadershipAcademy.com)

## Your team is only as strong as your leadership.

Leadership can make or break an organization. eLeadership Academy gives professionals the confidence they need to build resilient teams and lead with head, heart and backbone. Our programs combine theory, practice, social learning, and cognitive science to achieve real-world results.



### Save time and money.

Our convenient, flexible programs eliminate the added time and expense that accompany in-person or scheduled training. Professionals can log in anytime from a computer or mobile device to access training when they need it.



### Make learning social.

Our programs make learning social through online group discussion and networking, interactive live webinars, real-life practice, one-on-one instructor and coach meetings and online discussion boards. Social learning encourages engagement, builds retention, and amplifies knowledge.

### Our approach is:

- 100% Online & Flexible
- Human-Centric Social Learning
- Taught by Expert Faculty, Coaches & Mentors
- Experiential & Applied
- Ideal for Busy, Time-Pressed Managers
- Designed to Support Brain Health, Resilience, & Agility



# We give every leader the tools to level up.

From emerging leaders to C-suite executives, our programs are appropriate for all leaders.

## eLEAD

**8-Week Program, 4 Hours per Week**

This program dives into pivotal concepts such as emotional intelligence, coaching, brain-centric leadership, change agility, brain health, and leading with head, heart and backbone. With relatable content and weekly practice exercises, leaders can begin applying the concepts immediately to lead more engaged and resilient teams.

## eLeaderHUB

**Monthly Program, 2 Hours per Month**

Developed for busy managers, an eLeaderHUB subscription provides access to monthly live webinars, micro-training, worksheets, tools, self-assessments, and a community of like-minded professionals. Participants receive bite-sized insights with straightforward, practical advice on how to become the leader that others love to follow. Participants can join the program at any point in the year, and enrollment includes a Virtual Summit Pass.

## ExecREADY

**12-Month Program**

Fast-track executive readiness. This succession planning investment helps organizations grow talent from within, preparing professionals for top leadership positions. Each participant receives one-on-one monthly coaching, support to develop an ExecREADY plan, enrollment in eLEAD, eCOACH, eLeaderHUB, an eFOCUS elective and a Virtual Summit Pass.

## eCOACH

**8-Week Program, 4 Hours per Week**

Coaching focuses on solutions, fosters accountability, inspires action, and builds confidence in others by holding them capable. In eCOACH, participants learn how to shift from problem-solver to facilitator-of-problem-solving, with effective models for coaching and difficult conversations. Participants receive one-on-one mentor coaching and faculty feedback. Upon completion, participants can enroll in sustainment programs.

## eFOCUS

**4-Week Short Courses, 3 Hours per Week**

This series of short courses helps participants leverage the power of cognitive science to rewire the brain for increased performance and improved well-being.

# Choose a comprehensive system for leadership development.

Our series offers a blueprint to increase leadership effectiveness and confidence. Courses can be taken in any order and are appropriate for leaders with all levels of experience. Digital badges of achievement are awarded for each course, with a certificate badge for the Leadership Series (eLEAD, eCOACH, eLeaderHUB, and at least one eFOCUS course).



## LEADERSHIP Series



eLEAD

Increase confidence and impact.



eLeaderHUB

Learn and grow every month.



eCOACH

Empower and grow others.



eFOCUS

Strengthen focus with select courses.



LEADERSHIP Series

Achieve leadership excellence.



# Leaders love eLeadership Academy.

Our proven, cost-effective programs are ideal for geographically dispersed teams, groups and individuals. We're proud of the fact that 100% of participants would recommend eLeadership Academy to others.



“Great course and content presented in a very easy learning manner and pace.”

– Bernard Marcoux,  
Vice-President Operations



## ABOUT THE FOUNDER

**Sandra McDowell**

MA, PCC, CPHR, SHRM-SC

With nearly two decades of executive experience and advanced certifications in Leadership, NeuroLeadership, and Human Resources, Sandra helps professionals at all levels become courageous, human-centric leaders by harnessing the untapped power of the brain. She continues to serve as lead faculty and as an integral part of student learning and development.

Visit [e-leadershipacademy.com](http://e-leadershipacademy.com) to learn more and enroll.

[LEARN MORE](#)

Need more information? Schedule time for a private demonstration.

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