## 0. Introduction

### 1. Welcome to leadership foundations

## 1. Key Principles of Leadership

### 1. Leading yourself

### 2. Demonstrating emotional intelligence

### 3. Building a diverse team and maximizing performance

### 4. Leadership styles

### Chapter Quiz

## 2. Core Leadership Competencies

### 1. Strategic thinking

### 2. Establishing trust

### 3. Communicating with impact and influence

### 4. Building relationships

### 5. Developing business acumen

### 6. Influencing others

### 7. Demonstrating empathy

### Chapter Quiz

## 3. Navigating Leadership Complexity

### 1. Leading change through agility and resilience

### 2. Managing conflict

### 3. Having uncomfortable conversations

### 4. Cultivating inclusion, equity, and belonging

### Chapter Quiz

## 4. Real-World Leadership Lessons

### 1. Introducing Richard Davis and Steve Miranda

### 2. Part 1 - Leadership lessons from Dr. Shirley and Richard Davis

### 3. Part 2 - Leadership lessons from Dr. Shirley and Steve Miranda

### 4. Summary of learnings

## 5. Conclusion

### 1. Action planning and next steps to becoming a leader