

A background image showing the silhouettes of people sitting on a boat, looking out at a sunset over a body of water. A large umbrella is visible in the foreground, framing the scene.

» OXFORD LEADERSHIP

SELF-MANAGING LEADERSHIP®

Unlock your “why” and shape your future

13-14 October 2026
28-29 October 2026
26-27 November 2026

Facilitated
in Bulgarian

IN-PERSON PROGRAMME

An Oxford Leadership Development Programme
Delivered by Companions for Leadership



Discover your "why" and cultivate purpose in your professional & personal life?

Discover your authentic leadership style by aligning with your core values and purpose

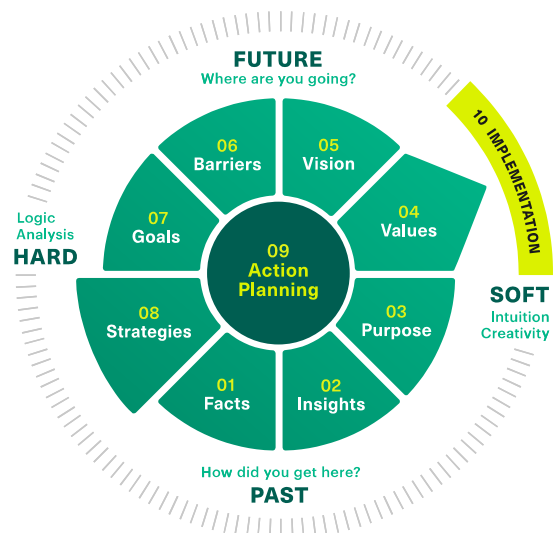
Navigate work-life integration with tools that foster balance and well-being

Enhance your emotional intelligence for more effective, empathetic leadership

Unpack purpose, align values and create a personalised **90-day action plan** to activate self transformation

Almost one million executives have discovered their "why" through our Self-Managing Leadership (SML®) Programme. The are proof that it's possible to enjoy professional and personal success while having a positive impact on the world around you. Our 10-step model helps participants identify their purpose, values and vision in order to define the focus and character which define their leadership. Each participant will develop a 90-day action plan to focus on the few things which have the largest impact, on both their personal and professional development.

A powerful step-by-step framework is used to focus, change negative habits, make critical choices and bring plans to life. Participants learn how to transform at the individual, team and organisational level.



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Harness the power of purpose

Our Proven 10-step journey transforms leaders from the inside out, equipping you with the tools to align your personal values with your professional aspirations.



Programme Facilitated by:



Boryana Boshnakova

LEADERSHIP COMPANION

Boryana is a senior leadership consultant and executive coach, working with senior leaders to enhance their leadership, coaching and change management capabilities. 24 years of experience in various businesses, commercial capability building and change management roles at local, regional, and global level with one of the world's largest energy companies. She serves global, regional, and local clients as a Coach & Consultant, as well as coaching & mentoring young people, teachers, and female leaders as part of not-for-profit communities that she supports.



I have personally experienced your coaching style as intuitive and transformative yet always in a clear collaborative structure focusing on tangible actions to take forward. You're great at helping your coachee develop and explore and trust their intuition. you're unique. Your rich and global experience make you a wonderful counterpart able to offer a fresh and relevant perspective on what your coachee wants to work on.

Global Leader

Commercial Transformation Program, Energy Sector

How SML® will drive your transformation

- ▶ Identify your purpose or that which gives meaning to your life.
- ▶ Identify your negative & positive patterns/habits and behaviours.
- ▶ Create a future vision for your life in three key areas: your role as a leader, your role in your family/community life and your personal life.
- ▶ Recognise & put in place a plan to overcome barriers which hold you back from becoming all that you can be.
- ▶ Emerge with concrete strategies for managing yourself, your relationships, your career & your organisation better.
- ▶ Leave with a framework for self-management and personal accountability and with a plan for embedding your learning in practice.

Sign up to the world's most popular Self-Managing Leadership® programme



SCHEDULE

Day One: 9:30am to 17:00pm

Day Two: 9:30am to 17:00pm



COST

990 Euros excl VAT

Includes: Programme,
lunch and refreshment



LOCATION

Sofia, Bulgaria

Facilitated in Bulgarian

We are delighted to offer this 2 day SML® programme as an open seminar. It will be an inspiring and interactive workshop with moments of deep personal reflection.

The programme includes dozens of real life examples of personal and professional transformations and international best practices, making this programme especially beneficial.

For more information or to register:
boryana.boshnakova@cflglobal.com



"This course was a chance for me to re-think who I am and how I want to lead. I developed a clear beacon for my personal and professional development through the creative exercises and appreciated the opportunity to travel this journey with inspiring peers."

Vanessa Butani

Senior Manager Sustainability
Electrolux, Sweden



"This course gave insights since it opened up a possibility to go inside myself and start a structured process both privately and professionally. We got great guidance throughout the process and worth while tools for taking the nextstep."

Urban Broberg

Manager Data
Warehouse Systems
SEB, Sweden



"It is a great opportunity to know and work on our strengths and weaknesses in order to develop a plan. I truly believe that deep change occurs only by example, and we as executives must lead with examples and actions rather than words."

T.B.Silva

VP HumanResources
Telefonica

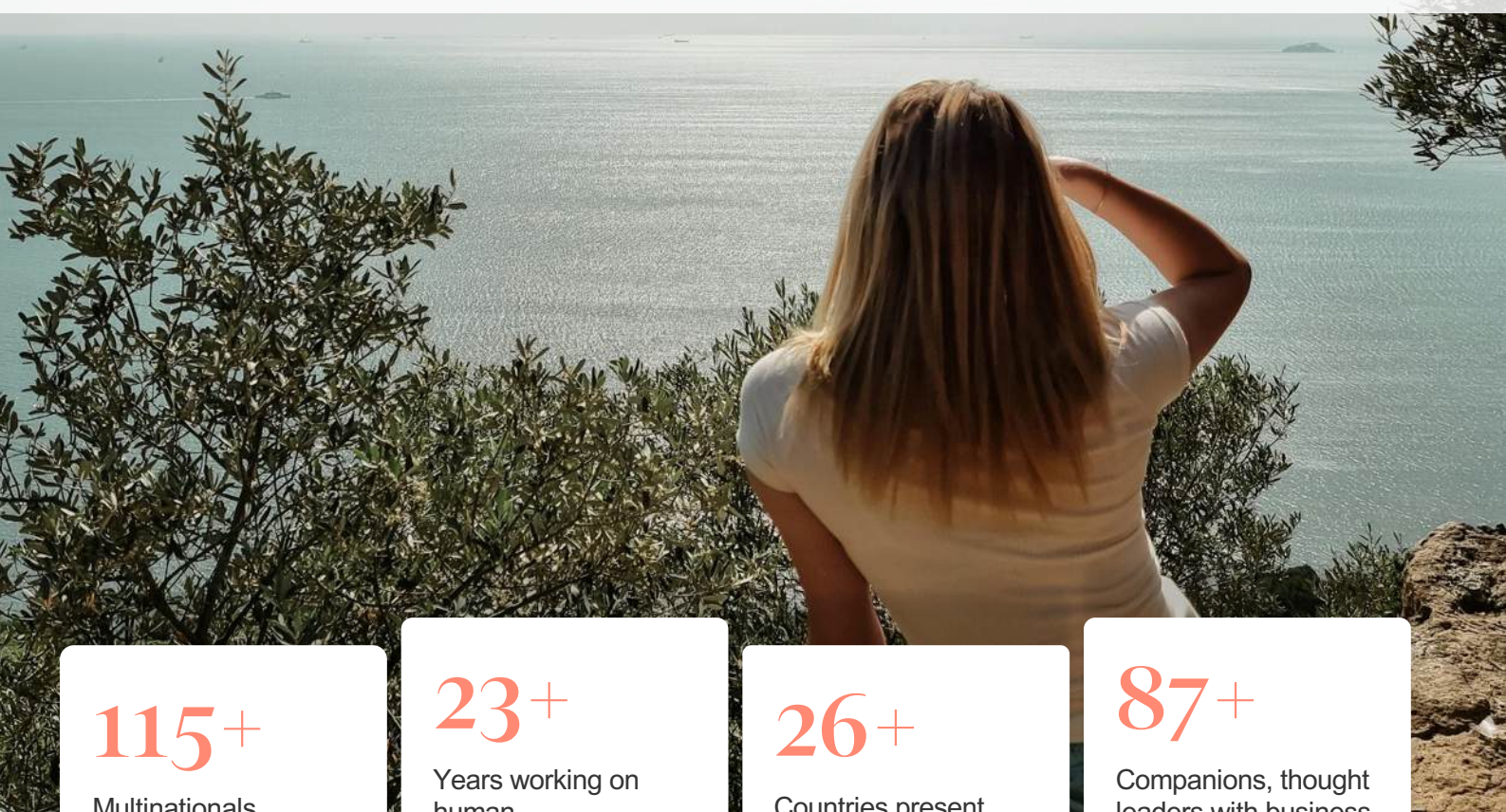




About Companions for Leadership

Leading can be a lonely place – always has been and to some extent, always will be. Our companionship goes beyond the ‘trusted adviser’ or “coach”. It is a new paradigm for supporting organisational objectives. Our team has accompanied top leaders and organisations globally for decades. We have designed and delivered complex individual, and team culture transformation work (reaching up to 150,000 people) for global corporations, as well as governments, private companies and family businesses.

Skilled presence, caring & daring, we are human-orientated



115+

Multinationals served, empowering leaders in navigating complexity while thriving

23+

Years working on human transformation and developing purpose-driven leaders

26+

Countries present, giving us deep understanding of diverse and nuanced cultural contexts

87+

Companions, thought leaders with business backgrounds, united by a bigger purpose