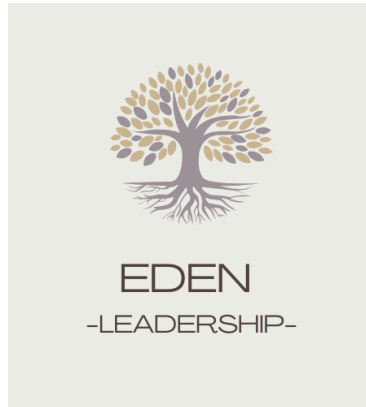


Delivered by Laura Cadman Limited



Eden Leadership is designed for forward-thinking individuals and organisations who want to lead with authenticity, wisdom, and a growth-oriented mindset. Join us in redefining leadership for a flourishing future.



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Welcome to Eden Leadership

Where leadership is a legacy, not just a job title.

At Eden Leadership, we believe great leaders don't just manage tasks—they inspire, empower, and transform. Built around the seven key Eden Pillars, this programme provides the space, challenge, and support to help you thrive in complex, high-stakes roles.

Why Choose Eden?

- **Real-World Relevance:** Built for practical application in today's organisations.
- **Structured Around Behavioural Science:** Linking leadership identity to habits and impact.
- **Authentic, Ethical Leadership:** Strengthening accountability, decision-making, and emotional intelligence.
- **Safe Space for Growth:** High-trust sessions for candid reflection and real breakthroughs.
- **Led by Laura Cadman:** A proven leadership and organisational expert with cross-sector experience.

The Eden Leadership Programme Modules

Each session is themed around one of the Eden Pillars and focuses on helping delegates apply practical leadership strategies that create lasting impact. Through engaging workshops and structured development, participants will strengthen their confidence, clarity and effectiveness as leaders.

DAY 1: Strategic Self & Stewardship

Pillars: Cultivation & Stewardship Learn to lead yourself with intention before leading others. You'll define your leadership identity, manage your energy more effectively, and develop clarity on how to prioritise strategically.

Benefits: Increased focus, stronger self-leadership, and the ability to lead with presence and integrity.

DAY 2: Wisdom in Practice

Pillar: Wisdom Strengthen your decision-making under pressure by understanding systems thinking and applying strategic awareness. You'll gain clarity in complexity and confidence to make aligned, impactful choices.

Benefits: Reduced overwhelm, improved critical thinking, and enhanced leadership credibility.

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The Eden Leadership Programme Modules

DAY 3: Culture, Connection & Constructive Challenge

Pillar: Connection Explore the foundations of positive team culture and emotionally intelligent communication. You'll learn how to engage effectively with teams, initiate feedback loops, and foster psychological safety.

Benefits: Higher trust, stronger relationships, and a healthier, more connected workplace culture.

DAY 4: Influence, Power & Organisational Dynamics

Pillar: Abundance Understand your influence and how to use it responsibly. You'll learn how to manage performance and set clear expectations, draw on diverse perspectives, and lead inclusively.

Benefits: Stronger engagement, improved delegation, and more empowered teams.

DAY 5: Purpose, Progress & Leading Legacy

Pillar: Purpose Bring everything together by reflecting on the impact you want to create as a leader. You'll explore how to assess performance and lead through meaningful, values-led conversations.

Benefits: Long-term alignment, better results, and the confidence to shape your leadership legacy.

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The Eden Leadership Programme Modules

Format & Dates

Location: Mercedes-Benz of Carlisle

Time: 10:00 AM – 4:30 PM

Investment: £1625 per delegate

Session Dates:

- 11th July 2025
- 12th September 2025
- 17th October 2025
- 14th November 2025
- Final session (TBC)

Includes a mid-point 1:1 coaching session (1.5 hrs), all materials, post-session tasks, and refreshments.

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7 Core Eden Leadership Pillars

- **Cultivation (Growth & Development)** – Just as a garden requires tending, great leaders nurture their own development and the potential of others. This pillar emphasises continuous learning, mentorship, and personal mastery.
- **Stewardship (Responsibility & Accountability)** – Leaders must take responsibility for their teams, culture, and decisions. This pillar focuses on ethical leadership, integrity, and accountability.
- **Wisdom (Discernment & Decision-Making)** – The symbolism of Eden represents the power of choice. Leaders must make wise decisions, balancing logic with emotional intelligence, and aligning actions with values.
- **Connection (Community & Relationships)** – In Eden, there was harmony between people and nature. Effective leaders cultivate trust, collaboration, and inclusivity in their teams and wider networks.
- **Resilience (Adaptability & Overcoming Challenges)** – The fall from Eden was a lesson in resilience. Leadership requires the ability to navigate setbacks, learn from mistakes, and maintain a long-term vision.
- **Abundance (Generosity & Empowerment)** – Eden was a place of plenty. Great leaders create environments where opportunities, resources, and knowledge are shared, fostering empowerment and collective success.
- **Purpose (Vision & Legacy)** – Eden had a divine purpose. Leaders must lead with vision, aligning their actions with a higher mission that inspires and sustains long-term impact.

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7 Core Eden Leadership Pillars

1



The **Cultivation** pillar focuses on fostering leadership growth through coaching, feedback, and peer review. Each delegate will participate in a 1.5-hour coaching session mid-way through the programme to reflect, evaluate progress, and enhance development. Continuous feedback and structured peer review sessions will encourage learning, accountability, and shared growth, ensuring leaders gain the skills and resilience needed to thrive.

2

Stewardship: Develop responsible leadership by guiding your teams with integrity, accountability, and ethical decision-making. Learn to balance authority and service, creating a culture of trust and growth.



3



Wisdom: Enhance your decision-making abilities by applying knowledge and experience effectively. Gain practical insights from both successes and setbacks to drive wiser leadership choices.

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7 Core Eden Leadership Pillars

4



Connection: Build authentic relationships and expand your leadership network. Improve your emotional intelligence and collaboration skills to inspire collective success and shared goals.

Resilience: Strengthen your ability to lead through challenges and adapt to change. Cultivate a growth mindset and turn obstacles into leadership opportunities for growth.

5



6



Abundance: Shift from scarcity to abundance thinking, fostering creativity, innovation, and high-performance leadership cultures. Empower others and generate opportunities for sustainable growth.

Purpose: Align your leadership actions with your core values and vision. Define your personal and organisational purpose, creating a meaningful, lasting leadership legacy.

7



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Additional Support Available

1. The Eden Leadership Experience (12-Month Program)

Full Team Leadership Program

Monthly masterclasses exploring each leadership pillar.

One-to-one coaching for tailored personal growth.

Group workshops using LEGO Serious Play and Ulmprove.

Peer accountability groups for shared learning.

2. Intensive Leadership Retreats

A 3-day immersive retreat designed to inspire, energise, and develop transformational leadership skills through:

Outdoor activities & resilience-building exercises.

Expert-led masterclasses & peer discussions.

Wellness practices to align leadership with well-being.

3. Leadership Development Workshops

Customisable half-day & full-day sessions for teams and organisations, including:

Leading with Purpose & Vision

Building a Feedback Culture

Resilient Leadership in Times of Change

Strategic Leadership for this year & Beyond

4. Executive Coaching & Advisory Services

One-to-one executive coaching for high-impact leaders.

Leadership consultancy to integrate Eden Leadership principles into company culture.

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Who is this for?

- Business owners & entrepreneurs
- Senior executives & team leaders
- Organisations committed to leadership excellence
- Individuals seeking personal and professional growth

Investment & Next Steps

Our programs are tailored to fit your unique leadership journey.

We believe in delivering high-value, customised experiences that align with your needs.



To discuss pricing and explore the best package for you or your organisation, book a discovery call today by emailing us at info@lauracadmanlimited.com



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Client Testimonials



Laura has recently delivered an Unlocking the Power of Rapport, Relationships and Transactional Analysis session for our staff at Eden Valley Hospice and Jigsaw. Laura completely understood our needs and hit the brief perfectly in terms of content. Her delivery style, engaging and warm manner makes her sessions extremely enjoyable and informative. She created a real buzz amongst the team.

Eve Robertson - Head of People Services - Eden Valley Hospice and Jigsaw Children's Hospice



Laura is so wonderfully encouraging and has really helped me focus where I would like to direct my energy. I worked with Laura because I wanted to be the best leader I could be. I wanted to be able to bring people with me on a journey to success. One of the things Laura helped make me realise is that I am the only person responsible for my own success.

Emma Sherlock, COO at Stan Sherlock Associates Ltd



Everyone should see Laura. Not only had she helped me reframe and overcome challenges when I actually see her in person but continues to weekly when Laura's voice in my head catches me reinforcing a self limiting belief and makes me cut it out. She's excellent.

Emma Porter, Managing Director at Story Plant, Chair of Carlisle Town Deal Board, Member of the Borderlands Economic Forum and Founder Of The Rebuild Site CIC

Client Testimonials

pladis



Laura worked with us to create our 'Women's Network, Building Confidence and Resilience' programme. She understood our needs, created something that worked and engaged the users, but also had a huge impact on their confidence because they started to understand the impact they had on people, how to reframe that impact and it also gave them tools and techniques they could apply in work or in their personal lives.

Heather Grisedale, Site Experience Lead, Pladis Global



From the very first moment Laura has demonstrated expertise in her profession by showing an understanding of what our leaders require and how she can support and challenge us as individuals and as a wider team to become more confident leaders and a more cohesive and productive team. I have no hesitation in highly recommending Laura to anyone who may be considering investing in her services.

Tim Bowen, CEO, Penrith Building Society

Laura provided a tailored Corporate Management Team development event.

Laura quickly established a rapport with all of the team, built trust, and was able to facilitate a space in which people could think, contribute, reflect, and plan.

It was clear from the pre-briefing conversations, and the outset of the event itself, that Laura does not apply an 'off the shelf' methodology.

Very pleased with the useable outputs of the development event that Laura was commissioned to deliver.

Richard Rout - Corporate Director - Halton Borough Council



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Find out more

To start your journey book your
free consultation (via phone or Zoom)

Contact us by email or phone, and let's embark on the
journey to elevate your personal and professional
excellence.

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