

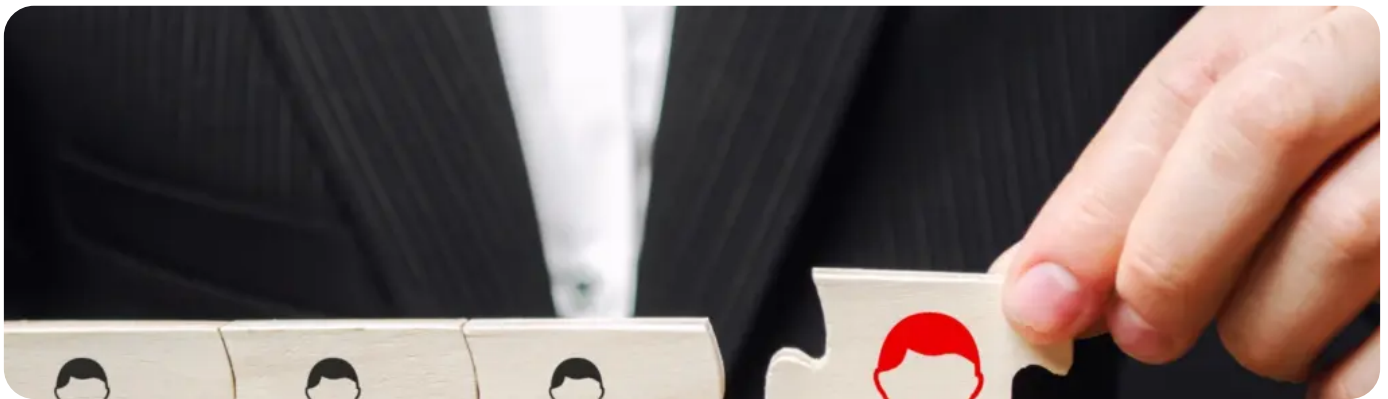
COURSE BROCHURE

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Leadership PRO

CAVU's Leadership PRO is an online leadership development course series covering Leadership Fundamentals, Continuous Improvement, and Team Resource Management. It provides practical tools, techniques, and real-world leadership lessons for supervisors, managers, and emerging leaders.

DURATION	VALIDITY	LANGUAGES	DELIVERY	ACCREDITED BY
10 Hours	N/A	English	On Demand	CAVU International



Overview

Leadership PRO is an online leadership development course series from CAVU International. The course is designed to help leaders combine effective management with inspirational leadership through practical tools, techniques, and lessons drawn from military leadership and operational excellence experience.

The course provides access to a library of relevant and engaging video lessons that can be referenced for real-world leadership situations from a phone, tablet, or laptop. Leadership PRO draws on the experience of CAVU mentors with backgrounds including TOPGUN Commanding Officers, Aircraft Carrier Commanders, Strike Fighter Wing Commanders, The Blue Angels, Force Master Chiefs, Fleet Master Chiefs, and other high-performance leadership environments.

The full course series is built around three core areas: **Leadership Fundamentals**, **Continuous Improvement**, and **Team Resource Management**. Together, these areas support leaders in building trust, communicating clearly, managing teams, improving work processes, and strengthening performance in complex operating environments.

Leadership PRO also serves as the online prerequisite course pathway for selected participants progressing to CAVU's Human Performance Instructor Course.

Who is it For?

This course is suitable for personnel who lead, supervise, influence, or support teams in operational, safety-critical, or high-performance environments, including:

- Frontline supervisors
- Mid-level managers
- Senior managers and executives
- Emerging leaders
- Operational leaders
- Safety and HSE leaders
- Personnel involved in continuous improvement or operational excellence
- Participants preparing for the CAVU Human Performance Instructor Course

Course Delivery

Leadership PRO is delivered online and can be accessed from a phone, tablet, or laptop. The course consists of video-based lessons that participants can reference for leadership situations they encounter in the workplace.

The course duration listed for this programme is approximately **10 hours**, delivered through an online learning format.

Learning Objectives

Upon completion of this course, participants will develop practical knowledge and tools to support effective leadership, management, communication, continuous improvement, and team performance.

Participants will develop understanding in:

- Combining effective management with inspirational leadership.
- Understanding the difference between leadership and management.
- Applying leadership principles, traits, and styles in real-world situations.
- Using delegation, feedback, accountability, and mentoring as leadership tools.
- Communicating strategically before, during, and after stressful or high-consequence events.
- Leading remote workers and maintaining visibility as a leader.
- Setting organisational and individual goals.
- Applying continuous improvement methods to planning, execution, debriefing, and lessons learned.
- Using Team Resource Management skills to improve communication, decision-making, teamwork, and situational awareness.
- Recognising human factors that influence safety and performance.

Course Content

SECTION 1: LEADERSHIP FUNDAMENTALS

- Introduction to Leadership PRO
- Why This Is High Impact Training
- Leadership vs Management
- Frontline Supervisors

- Mid-Level Managers and Executives
- Negative and Positive Leadership Case Studies
- Leadership Principles
- Visible Leadership
- Servant Leadership
- Building Trust
- Leadership Traits
- Integrity and Honour
- Level of Knowledge and Proficiency
- Humility and Empathy
- Courage and Composure
- Loyalty
- Leadership Styles
- The Authoritative Leader
- The Consensus Builder
- The Empowering Leader
- The Bonding / Engaging Leader
- Delegation
- What Delegation Is and Is Not
- Why Delegation Is a Critical Skill
- How to Delegate Effectively
- Difficult Conversations
- Leader Feedback
- Conflict Resolution
- Accountability
- Strategic Communication
- Setting Culture Through Communication
- Normal Messaging / Pre-Incident Communication
- Communication During Times of Stress
- Post-Incident Communication
- Mentoring
- Mentoring and Being Mentored
- Training and Mentoring Your Relief
- Common Mentoring Pitfalls
- Leading Remote Workers
- Being Visible Remotely
- Remote Leadership Pitfalls
- Goals
- Goals and Objectives Overview
- Organisational Goals
- Individual Goals

SECTION 2: CONTINUOUS IMPROVEMENT

- Introduction to the Continuous Improvement Cycle
- Prepare / Plan
- Defining Objectives
- Resources Required
- Measurement Indicators
- Process Flow Mapping
- Risk Identification
- Shop Floor Level Objectives, Resources, and Steps
- Hazard Identification
- Bow Tie Theory
- Stop the Job
- Communicate / Act
- Communicating the Plan
- Continuous Improvement Process Plan
- The Brief
- Last Minute Risk Assessment
- Execution / M.O.V.E.
- Execution Tools
- Debrief / Review
- What a Debrief Is and the Benefits of Debriefing
- Debrief Best Practices
- Debriefing Guide and Standardised Format
- Capture / Improve
- Identifying Lessons Learned
- Recording and Documenting Lessons
- Incorporating and Distributing Lessons

SECTION 3: TEAM RESOURCE MANAGEMENT

- Introduction to Team Resource Management
- Leadership
- Situational Awareness
- Symptoms of Poor Situational Awareness
- Situational Awareness Skills
- Decision Making
- Communication
- Team Communications
- Effective Team Communications
- Teamwork
- Human Factors
- Importance of Human Factors to Safety and Performance
- Stress — Environmental and Mental
- Physiological Factors — Fatigue

- Psychological Factors — Complacency
- Mental Health

Prerequisites

No formal prerequisite is listed for Leadership PRO. Participants preparing for the CAVU Human Performance Instructor Course must complete the required Leadership PRO prerequisite content before attending the in-person Human Performance Instructor Course.

Certificate

Participants who successfully complete the course will receive a CAVU Leadership PRO certificate.

Ready to book?

Contact our booking team for the latest schedule and registration.

+62 811 176 7985 **marketing@samson-tiara.co.id** **www.samson-tiara.co.id**

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