

SSPH+ Emerging Health Leaders Course Outline

Leading, Communicating and Sustaining Yourself in Complex Work Environments

Date: Thursday, 16th April 2026

Location: OfficeWerft, Werftestrasse 36005 Luzern (Room «Stadt Luzern»)

Course lecturer: Carl Emerson, InsideOut Solutions

Technical excellence alone no longer determines professional success. Careers today are shaped by how people lead themselves, work with others, communicate under pressure, navigate organizational complexity, and at the same time protect their own mental and emotional sustainability.

Learning outcomes

In this practical, high-energy session, participants will:

- Focus on growth in becoming a professional
- Develop leadership capacity, communication competence, self-management and wellbeing as an integrated foundation for a long, credible and effective professional life.
- work with real situations relevant to their own contexts to build clarity, confidence and practical competence for complex, high-demand environments.

Draft agenda

09:15	Doors are open - Coffee and refreshments available
09:30	Welcome: introductions, context and agenda for the day
10:00	How to show up as yourself in a professional setting, managing projects, career and time
11:15	Break
11:30	Leading and working with others in real organisations, managing people, being effective
12:30	Lunch
14:00	Professional communication and public presence: moderation, negotiation, persuasion
15:30	Break
15:45	Sustainability, wellbeing & integration in a world of stimulus and social media
17:00	Close + social program commences (participation is optional)

About the trainer



Carl Emerson is a senior organizational development specialist, leadership advisor, and experienced international coach known for his subtle, psychologically informed approach to complex team dynamics and personal transformation. Drawing on expertise in emotional intelligence, nonviolent communication, and strategic facilitation, Carl helps senior leaders and professionals navigate change, unlock hidden needs, and build environments of trust, agility, and authentic influence.

With a background in designing reflective, discussion-based learning for seasoned executives, often within clinical, pharma, and regulated industries, Carl's work bridges high-level strategy with practical human insight. He is particularly interested in how unmet needs, hidden emotions, and personal energy shape performance, well-being, and relationships, both at work and in life. A renowned storyteller, he integrates his business experience with anecdotes to bring theory to life, to show the impact of solutions discussed and to generate the creative motivational energy required.