

Self-Leadership

Self-leadership puts together taking responsibility for our outcomes, setting direction for our lives, and having tools to manage priorities. Self-leaders work at all levels of an organization. They are front-line workers in every possible role, middle managers, and CEOs. Self-leaders like Walt Disney and Wayne Gretzky worked hard to achieve their dreams without using the term self-leadership. However, they have clearly demonstrated that being in control of their behavior and results, focus, practice, and learning were necessary to achieve their goals.

Self-leadership requires a commitment from individuals to decide what they want from life and to do what's necessary to get the results they want. This two-day workshop will help participants internalize the four pillars of self-leadership and to make meaningful, empowered choices while taking action to get where they want to go.

What Will Students Learn?

- ✓ Define self-leadership and what it means on an individual level
- ✓ Assume responsibility for their results by understanding who they are, what they want, and how to reach their goals
- ✓ Describe the four pillars of self-leadership
- ✓ Use techniques related to adjusting to change, cultivating optimism, and developing good habits to build self-leadership

What Topics are Covered?

- ✓ What is self-leadership?
- ✓ Knowing who you are
- ✓ Change management
- ✓ Knowing what you do
- ✓ Motivation for optimists
- ✓ Using what you know

What's Included?

- ✓ Instruction by an expert facilitator
- ✓ Small, interactive classes
- ✓ Specialized manual and course materials
- ✓ Personalized certificate of completion