

Human Power Solutions, LLC

Self-Leadership

As we grow, we learn to become leaders. Being a leader is natural for some, and learned for others. No matter how we have become a leader, it is important to remember we must lead ourselves before we lead others. Take the time to motivate yourself and realize that you can do it.

With our Self-Leadership workshop, your participants will discover the specifics of how to be a better leader for themselves and for others. Your participants will be able to guide themselves in positive ways, which equals success!



Course Outline:

Module One: Getting Started

- Icebreaker
- Housekeeping Items
- The Parking Lot
- Workshop Objectives

Module Two: What Is Self-Leadership?

- Sources
- Before Action
- During
- After Action
- Case Study
- Module Two: Review Questions

Module Three: Motivators

- Need for Autonomy
- Self-Efficacy
- External Factors
- Internal Factors
- Case Study
- Module Three: Review Questions

Module Four: Behavior Focus (I)

- Focusers and Reminders
- Cues
- Self-Observation
- Goal Setting
- Case Study
- Module Four: Review Questions

Human Power Solutions, LLC

Module Five: Behavior Focus (II)

- Purpose
- Reward
- Punishment
- Practice
- Case Study
- Module Five: Review Questions

Module Six: Natural Rewards

- Definition
- Competence
- Purpose and Self-Control
- Life Activities
- Case Study
- Module Six: Review Questions

Module Seven: Constructive Thinking

- Positive Thinking
- Self-Talk
- Aware of Personal Beliefs and Assumptions
- Opportunity Thinking
- Case Study
- Module Seven: Review Questions

Module Eight: Well-Being (I)

- Emotional Intelligence
- Stress Management
- Optimism
- Fun and Happiness
- Case Study
- Module Eight: Review Questions

Module Nine: Well-Being (II)

- Fitness
- Diet
- Sleep
- Personal Effectiveness
- Case Study
- Module Nine: Review Questions

Human Power Solutions, LLC

Module Ten: Individuality

- Personality
- Locus of Control
- Self-Monitor
- Autonomy
- Case Study
- Module Ten: Review Questions

Module Eleven: Personal Application

- Diversity
- Personal Problems
- Workplace Problems
- Social Responsibility
- Case Study
- Module Eleven: Review Questions

Module Twelve: Wrapping Up

- Words from the Wise
- Review of Parking Lot
- Lessons Learned
- Completion of Action Plans and Evaluations