Gearing You For Growth

Self-Leadership

Course Overview

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 is necessary to get the results they want. This workshop will help delegates internalize the four pillars of self-leadership and to make meaningful, empowered choices while taking action to get where they want to go.

Course Objectives

This one-day workshop will help you teach delegates how to:

- 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 they 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.

Target Audience

All individuals wanting to develop themselves and manage their self-leadership skills.

Prerequisite

There are no prerequisites for this course.

Duration

- 1 Day

f @nextgensa | @nextgen_companies | in NextGen Companies

ENQUIRE NOW
www.nextgen.co.za | +27 (01) 100 3127
info@nextgen.co.za

Bursaries | **Business Skills** | Coaching and Mentoring | Computer Skills | E-Learning | Learnerships | Skills Development | Virtual Training

1 of 2

Course Outline

What is Self-Leadership?
This session includes a discussion of what self-leadership is, a review of the pre-assignment, and understanding who our mentors are. Delegates will also be introduced to the four pillars of self-leadership knowing who you are, knowing what you do, knowing what you need to learn, and using what you know.

Knowing Who You Are
This is the first pillar. In this session, delegates will be engaging in creating a personal vision statement, identifying dreams, and setting goals. Delegates will also learn how to set up for success (not just leaving those dreams on paper!).

Change Management
To shift our actions and expectations, delegates need to know how to manage change. This session offers an introduction to issues of control and change.

Knowing What You Do
The next pillar is about applying what delegates know about themselves and using techniques to manage our behaviour, like responding to negative and positive cues. Delegates will also define lifelong learning, consider their own learning plan, and start making connections about what they want to do in terms of their future learning.

Motivation for Optimists
In this session, delegates explore motivation and creating a motivational climate for themselves. They will also learn about the ABC's of optimism, the benefits of pessimism and optimism, as well as dealing with adversity.

Using What You Know
In this examination of the final pillar of self-leadership, delegates will learn how to take care of their physical and emotional selves in order to support their abilities as a self-leader.

Workshop Wrap-Up
At the end of the course, delegates will have an opportunity to ask questions and fill out an action plan.

f @nextgensa | @nextgen_companies | in NextGen Companies

ENQUIRE NOW
www.nextgen.co.za | +27 (01) 100 3127
info@nextgen.co.za

Bursaries | **Business Skills** | Coaching and Mentoring | Computer Skills | E-Learning | Learnerships | Skills Development | Virtual Training

2 of 2