



Living Mastery

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Develop the Leader Within: a focus on Self-Leadership

Duration: 2 days

Everyone wants to be a leader, yet not many people realise that ‘you can’t lead others until you can lead yourself and that you can’t lead yourself until you have a profound knowledge of self’. This course is a journey of self-discovery and self-mastery that will help you position yourself as a leader in your chosen career or vocation.

Self-leadership is evident in the lives of successful leaders like Walt Disney, Wayne Gretzky and Nelson Mandela who demonstrated that being in control of their behaviour and results, focus, practice as well as continual learning were necessary to achieve their goals. No-one can force greatness on you but your level of hunger and commitment to growth will help you decide what you want from life and drive you to do what’s necessary to get the results you want.

This workshop will help you make meaningful and transformational choices while taking action to get where you want to go.

Learning outcomes:

This two-day workshop will help you teach participants 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, what their motivations are and how to reach their goals
- Understand the four pillars of self-leadership
- Use techniques related to responding to and managing change, cultivating optimism and developing good habits to build self-leadership

Topics covered in this course:

Module 1: Introduction to Self-Leadership

- ❖ What is self-leadership and why is it important?
- ❖ The 4 pillars of self-leadership: knowing who you are, knowing what you do, knowing what you need to learn and using what you know.
- ❖ Where does self-leadership fit in Leadership?

Module 2: Self Discovery

- ❖ Review of your personal Motivational Maps assessment report – each participant will receive the detailed report from their assessment taken prior to the workshop
- ❖ Identifying your passions and internal conflict
- ❖ Creating your personal vision and mission statements
- ❖ Knowing your self-worth

Module 3: Self-Mastery

- ❖ Understanding and leveraging your motivations to drive your behaviour
- ❖ Understanding the power of high self-esteem and the setbacks of low self-esteem
- ❖ Developing your self-worth
- ❖ Improving your confidence
- ❖ Mastering effective Communication skills
- ❖ Emotional Intelligence
- ❖ The power of habits and how to cultivate them

Module 4: Developing leadership qualities

- ❖ How great leaders think
- ❖ Gaining respect as a leader
- ❖ Understanding and managing Change & the issues of Control
- ❖ The power of Intention in leadership development

Module 5: Drawing up an Action Plan

- ❖ The importance of coaches and mentors
- ❖ Creating a personal vision statement, identifying dreams, and setting goals
- ❖ Steps to fulfilling your purpose