

Leading Yourself: Self-Awareness, Confidence, Resilience

COURSE SPECIFICATIONS

Length & Type: Customizable: Up to 5 days (30 hours) – In-Person or Virtual

Audience: Anyone. There are no pre-requisites.

Participants: Up to 18



DESCRIPTION

Before we can become effective leaders, we need to be able to lead ourselves. The main components of leading ourselves are an awareness of strengths & weaknesses, managing emotions, know how and when to be directive or delegative, manage our time, handling conflict, projecting confidence, and making effective decisions.

All of the courses within this program will require the DiSC style assessment, in person or virtual workshops, and action learning assignments. Supplements to this program could include:

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LEARNING OBJECTIVES

- ✓ Optimize your communication style
- ✓ Compare and contrast Directive, Democratic, Delegative, and Transformational leadership styles
- ✓ Exercise developing focus and resilience
- ✓ Improve your ability to handle interpersonal conflict and negotiations
- ✓ Devise a plan to address strengths and weaknesses to become a stronger and high performing team member

Program Components

- ✓ DiSC Style Awareness - 3 hours
- ✓ Leadership Styles - 3 hours
- ✓ Emotional Intelligence - 3 hours
- ✓ Prioritization and Time Management - 3 hours
- ✓ Resilience and Adaptability - 3 hours
- ✓ Wellness - 3 Hours
- ✓ Managing Conflict - Having Difficult Conversations - 3 hours
- ✓ Decision Making - 3 hours
- ✓ Leadership Presence - 6 Hours