Self-Leadership

Select Your Learning Style

Facilitator-led 1 Day Program (Classroom)

OR

eLearning format (Self-paced)

Please refer to Pricing Page for cost per participant

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 program 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 Participants 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 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

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 in Your Learning Style?

- Self-paced eLearning OR
- Interactive class environment – Facilitator-Led

- Specialized course materials and resources
- Personalized certificate of completion