



Self-Leadership

Description: This one-day program includes topics that trainers can customize to fully meet the needs of their students. The sessions included bring self-leadership to a tangible platform as students explore their values and goals, explore positive and negative aspects of their current environment, manage change and develop habits to support the four pillars of self-leadership.

Session One: Course Overview

Session Two: What is Self-Leadership?

- Defining Self-Leadership
- Pre-Assignment Review
- Four Pillars of Self-Leadership
- Presentations

Session Three: Knowing Who You Are

- Creating a Personal Vision Statement
- Identifying Dreams and Setting Goals
- Getting Goals on Paper
- Checking In
- Setting Ourselves Up For Success

Session Four: Change Management

- Control and Change
- Debrief

Session Five: Knowing What You Do

- Your Behavior
- Lifelong Learning
- Making Connections

Session Six: Motivation for Optimists

- Motivation from Within
- Creating a Motivational Climate
- The Value of Optimism
- ABC's of Optimism
- Pessimism vs. Optimism
- Adversities

Session Seven: Using What You Know

- Our Physical Self
- Emotional Intelligence
- Workshop Wrap-Up

