

MASTERING SELF-LEADERSHIP

Rationale

Team or organizational improvement begins with self-improvement. Nothing changes without personal transformation. In this regard, self-leadership is the essence of all individual, team and organizational change. As Messinger reminded us, "He that would govern others must first master himself." Self-leadership is crucial for managers to optimize their potential and to build high-performance teams. The core elements of self-leadership are high self-esteem, realistic self-appraisal, personal credibility and emotional intelligence.

Objectives

At the end of the workshop, participants should be able to:

1. Define *self-leadership* and state its ten key elements.
2. Identify their true personal strengths and weaknesses.
3. Transform their self-limiting beliefs into empowering beliefs.
4. Assess their overall level of emotional intelligence.
5. State at least five tips each for enhancing self-awareness, managing emotions productively and enhancing social competence.

Content

1. Understanding self-leadership and peak performance
2. Enhancing self-esteem
3. Realistic self-appraisal
4. Emotional intelligence
5. Building personal credibility

Methodology

Interactive lectures, self-awareness exercises, group discussions, video presentation and self-leadership and emotional intelligence questionnaires

Duration

2 days

Target Group

Managerial and non-managerial employees

Facilitator

Dr. Ranjit Singh Malhi/Azman Shah Dato' Aziz