# Self Leadership Learning Design-Virtual

<table>
<thead>
<tr>
<th>LAUNCH</th>
<th>LEARN &amp; PRACTICE</th>
<th>MASTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>30-60 min</td>
<td>Three 2-hour virtual</td>
<td>3 hours</td>
</tr>
</tbody>
</table>

### Pre-session Assignments
Participants watch a Preview video, prepare a goals worksheet and take the Perceptions of Self Leadership questionnaire.

### LEARN & PRACTICE

#### Self Leadership Mindset and Skillset
Introduces the Mindset (Challenge Assumed Constraints, Activate Points of Power, and Be Proactive) and Skillset (Goal Setting, Diagnosing, and Matching) of a Self Leader.

**Challenge Assumed Constraints and Goal Setting**
Explores potential assumed constraints and how to challenge them; teaches SMART Goal Setting--uses videos, interactive assignments, and reflection.

**Diagnosing and Activate Points of Power**
Teaches Diagnosing from the self leader perspective; explores Points of Power and how to activate them; uses videos, interactive assignments, and reflection.

**Matching and Be Proactive**
Teaches Matching from the self leader perspective; immerses participants in how to Be Proactive with skill practice; uses videos, interactive assignments, and reflection.

### Post-session Assignments
Participants use the Perceptions of Self Leadership Interpretation Guide to incorporate their manager's questionnaire responses and schedule a One on One Conversation with their manager.