

Self Leadership Learning Design-Virtual

LAUNCH

30-60 min

Pre-session Assignments

Participants watch a Preview video, prepare a goals worksheet and take the Perceptions of Self Leadership questionnaire.

LEARN & PRACTICE

Three 2-hour virtual

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.

MASTER

3 hours

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.