



(Event 1) Leadership of Self

Aim

The overall aim of this workshop is to enable delegates to raise their personal awareness and to understand how their own beliefs and values impact on their behaviours. To learn how to control their minds and relax at the appropriate times. Before an individual can be expected to lead others influentially, it is important they are able to lead themselves.

This workshop will:

- Assist delegates in understanding their personality preferences and defining their own beliefs and values
- Help delegates discover their own learning styles and how this will enable them to manage their teams more effectively
- Increase delegates ability to become more self aware
- Allow individuals the opportunity to define how leader behaviour affects followers
- Build confidence in individuals about their ability to lead

Learning Objectives

As a result of their learning, delegates will be able to:

- State their own personality type and propose how they will use this knowledge in leading their teams
- Describe their own preferred style of learning and what they will do to apply this
- Assess levels of self-disclosure and describe how much is appropriate when learning new skills and behaviour
- Articulate a personal value set and explain how individual objectives map against the organisation
- Describe what a leader is
- Analyse case studies showing how particular leadership approaches can positively or negatively affect followers
- Present the case for how attitude and beliefs drive behaviour and provide personal examples

Having raised their own level of Personal Awareness and established their values and beliefs as a leader, delegates will now look at the generic leadership of teams.