

# INTRODUCTION LEADERSHIP

## LEADING IN YOURSELF

### LIY

**Duration: 1 day; Instructor-led | Virtual Instructor-led**

#### OVERVIEW

The "Introduction Leadership - Leading In Yourself " course is designed to help individuals develop the essential skills and mindset needed to lead themselves effectively. Through a combination of lectures, discussions, and practical exercises, participants will learn how to enhance their self-awareness, and set meaningful goals. The course will also cover topics such as understanding motivation and its role in self-leadership. By the end of the course, participants will overcome procrastination and stay focused on their goals.

The "Introduction Leadership - Leading In Yourself " course is designed to empower individuals to take control of their lives, set meaningful goals, and lead themselves with confidence. By developing the skills and mindset of self-leadership, participants will be better equipped to navigate life's challenges, and achieve success in all areas of their lives.

#### OBJECTIVES

- Understand the concept of self-leadership and its importance in personal and professional development.
- Develop self-awareness and emotional intelligence to better understand oneself and others.
- Set SMART goals and create a personal vision statement to guide personal and professional growth.
- Motivate and stay focused on their goals.

#### PREREQUISITES

- No prerequisites

#### AUDIENCE

- It is suitable for anyone who wants to enhance their self-leadership skills and achieve their personal and professional goals.

#### METHODOLOGY

- Interactive Sessions
- Demonstration
- Practical Exercise
- Interactive & Engaging Learning
- Group Discussions

#### COURSE CONTENTS

##### Module 1: Introduction to Self-Leadership

- Definition of self-leadership
- Importance of self-leadership in personal and professional development
- Overview of course objectives and structure

##### Module 2: Understanding Yourself

- Self-assessment
- Identifying personal values, beliefs, and strengths
- Developing self-awareness and emotional intelligence

##### Module 3: Setting Personal Goals

- Importance of goal setting in self-leadership
- Setting SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals
- Creating a personal vision statement

##### Module 4: Motivation and Self-Discipline

- Understanding motivation and its role in self-leadership
- Techniques for maintaining motivation and self-discipline
- Overcoming procrastination and staying focused