

YOUR MINDSET, YOUR WORLD

CLZKS-YMYW

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

OVERVIEW

In this course, you will embark on a transformative journey of self-discovery, where you will explore the depths of your beliefs, needs, values, and habits, and learn how to harness this understanding to take massive action towards your goals.

In today's fast-paced and ever-evolving corporate landscape, effective leadership begins with self-awareness and the ability to lead oneself. This course is crafted to equip you with the essential insights and practical techniques required to lead with purpose and drive tangible results.

Through interactive discussions, practical exercises, and real-world applications, you will gain a deep understanding of yourself and learn how to harness your inner resources to lead with conviction and purpose.

By the end of this course, you will be equipped with the knowledge and tools to become a self-aware, action-oriented leader who not only achieves personal success but also inspires and empowers others to do the same.

OBJECTIVES

Upon completing the workshop, participant will be able to:

- Gain insight into how beliefs shape their actions and decisions, allowing them to identify and challenge limiting beliefs.
- Learn about the six fundamental human needs and how they impact behaviour, enabling them to apply this knowledge in personal and professional contexts.
- Discover the importance of having a compelling purpose (their "Why") and will work on identifying their own strong motivators for increased clarity and motivation.
- Use the Wheel of Life tool to assess their current life balance and set meaningful goals for improvement.
- Gain strategies and tools to identify and break unproductive habits that hinder personal and professional growth.
- Learn and practice powerful visualization and affirmation techniques (VAKS) to boost confidence, motivation, and goal achievement.

PREREQUISITES

- No prerequisites

AUDIENCE

- New hires or existing employees who are assigned to lead or manage a new business operations segment.

ASSESSMENT CRITERIA

- Demonstrated ability to identify and challenge limiting beliefs.
- Clear articulation of a personal "Why" statement and its relevance to individual goals.
- Effective use of the Wheel of Life tool to assess current life balance.
- Application of techniques to harmonize thoughts, emotions, and actions in both personal and professional contexts.
- Recognition and identification of unproductive habits that hinder personal or professional growth.
- Proficiency in using VAKS visualization and affirmation techniques.

COURSE CONTENTS

Module 1: Know Thyself

- The Human Belief System
- Six Human Needs
- Identify Your Strong Why
- Wheel of Life

Module 2: Taking Massive Action!

- Values at the Core
- Mastering Your Triad
- Stopping Your Bad Habits
- VAKS visualisation and affirmation techniques