



## Self-Leadership

Welcome to the Self-Leadership Training program.

In any workplace leadership plays a role, in sustaining and strengthening the profitability and overall success of a business. However, becoming a leader is not a process. It often involves overcoming challenges along the way. Two common obstacles on the path to leadership are fear and a lack of self-control. These factors can be detrimental for individuals aspiring to lead as they may start doubting their abilities and ability to effectively manage others. Moreover, when leaders suffer it ultimately affects the company. That's why investing in helping employees develop self-leadership skills is always beneficial.

The purpose of this training course is to equip participants, with techniques skills, body language awareness, assertive communication strategies and effective planning methods. By completing this training session participants will gain the tools to become versions of themselves. Resilient and authoritative leaders.

**Course Overview;**

During the part of this session, we will focus on getting acquainted with each participant and discussing what will take place throughout the workshop. Participants will also have an opportunity to identify their personal learning goals.

**This workshop aims to assist you in teaching participants the following;**

- Understanding the concept of self-leadership on a level
- Taking responsibility, for their outcomes by understanding their identity, aspirations and how to achieve their goals
- Explaining the four pillars of self-leadership
- Utilizing techniques for adapting to change fostering optimism and developing positive habits to enhance self-leadership

**What is Self-Leadership?**

During this session we will discuss the definition of self-leadership review pre assigned materials and explore the role of mentors. Additionally, participants will be introduced to the four pillars of self-leadership; understanding ones self-recognizing actions and behaviors identifying areas for growth and learning and effectively applying acquired knowledge.

**Understanding Your Identity**

Participants will actively engage in crafting a personal vision statement pinpointing aspirations and setting goals. Moreover, they will learn strategies for translating those aspirations into action than just leaving them as abstract ideas.

**Managing Change**

This session provides an introduction to aspects such as control and managing transitions.

### **Understanding Your Abilities**

This session will focus on utilizing your self-knowledge and employing strategies to manage your actions such, as responding to both negative cues. Furthermore, participants will define the concept of learning establish their personal learning plan and begin making connections regarding their future learning endeavors.

### **Motivation for Positive Thinkers**

During this session, participants will delve into the topic of motivation and creating a supportive environment for themselves. They will also gain insights, into the ABCs of optimism comprehend the advantages of both pessimism and optimism and learn ways to handle challenges.

### **Applying Your Knowledge**

Participants will discover methods to nurture their emotional well-being in order to bolster their capabilities as self-leaders.

### **Wrapping-Up of the Workshop**

Towards the end of the workshop, participants will have an opportunity to seek clarification through asking questions and develop an action plan tailored to their needs.

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