

Self-Leadership Workshop

As we grow, we learn to become leaders. Being a leader is natural for some, and learned for others. No matter how we have become a leader, it is important to remember we must lead ourselves before we lead others. Take the time to motivate yourself and realize that you can do it.

With our “Self-Leadership” workshop, your participants will discover the specifics of how to be a better leader for themselves and for others. Your participants will be able to guide themselves in positive ways, which equals success!

Workshop Objectives:

- Understand what self-leadership is
- Motivate yourself
- Set goals
- Reward yourself when positive things happen
- Think positively

TABLE OF CONTENTS

- 1. Module One: Getting Started**
 - a. Workshop Objectives
- 2. Module Two: What Is Self-Leadership?**
 - a. Sources
 - b. Before Action
 - c. During
 - d. After Action
 - e. Case Study
 - f. Module Two: Review Questions
- 3. Module Three: Motivators**
 - a. Need for Autonomy
 - b. Self-Efficacy
 - c. External Factors
 - d. Internal Factors
 - e. Case Study
 - f. Module Three: Review Questions
- 4. Module Four: Behavior Focus (I)**
 - a. Focusers and Reminders
 - b. Cues
 - c. Self-Observation
 - d. Goal Setting
 - e. Case Study
 - f. Module Four: Review Questions
- 5. Module Five: Behavior Focus (II)**
 - a. Purpose
 - b. Reward
 - c. Punishment
 - d. Practice
 - e. Case Study
 - f. Module Five: Review Questions
- 6. Module Six: Natural Rewards**
 - a. Definition
 - b. Competence
 - c. Purpose and Self-Control
 - d. Life Activities
 - e. Case Study
 - f. Module Six: Review Questions
- 7. Module Seven: Constructive Thinking**
 - a. Positive Thinking
 - b. Self-Talk
 - c. Aware of Personal Beliefs and Assumptions
 - d. Opportunity Thinking
 - e. Case Study
 - f. Module Seven: Review Questions
- 8. Module Eight: Well-Being (I)**
 - a. Emotional Intelligence
 - b. Stress Management
 - c. Optimism
 - d. Fun and Happiness
 - e. Case Study
 - f. Module Eight: Review Questions
- 9. Module Nine: Well-Being (II)**
 - a. Fitness
 - b. Diet
 - c. Sleep
 - d. Personal Effectiveness
 - e. Case Study
 - f. Module Nine: Review Questions
- 10. Module Ten: Individuality**
 - a. Personality
 - b. Locus of Control
 - c. Self-Monitor
 - d. Autonomy
 - e. Case Study
 - f. Module Ten: Review Questions
- 11. Module Eleven: Personal Application**
 - a. Diversity
 - b. Personal Problems
 - c. Workplace Problems
 - d. Social Responsibility
 - e. Case Study
 - f. Module Eleven: Review Questions
- 12. Module Twelve: Wrapping Up**
 - a. Words from the Wise
 - b. Lessons Learned