

# OUTLINE

## Self-Leadership

### Lesson 1

#### *Getting Started*

- Icebreaker
- Housekeeping Items
- The Parking Lot
- Workshop Aims

### Lesson 2

#### *What Is Self-Leadership?*

- Resources
- Before Action
- During
- After Action
- Case Study
- Lesson Two: Review Questions

### Lesson 3

#### *Motivators*

- Need for Autonomy
- Self-Efficacy
- External Factors
- Internal Factors
- Case Study
- Lesson Three: Review Questions

## Lesson 4

### *Behavior Focus (I)*

- Focusers and Reminders
- Cues
- Self-Observation
- Goal Setting
- Case Study
- Lesson Four: Review Questions

## Lesson 5

### *Behavior Focus (II)*

- Goal
- Reward
- Punishment
- Practice
- Case Study
- Lesson Five: Review Questions

## Lesson 6

### Natural Rewards

- Definition
- Competence
- Purpose and Self-Control
- Life Activities
- Case Study
- Lesson Six: Review Questions

## Lesson 7

### *Constructive Thinking*

- Positive Thinking
- Self-Talk
- Aware of Personal Beliefs and Assumptions
- Opportunity Thinking
- Case Study
- Lesson Seven: Review Questions

## Lesson 8

### Well-Being (I)

- Emotional Intelligence
- Stress Control
- Optimism
- Fun and Happiness
- Case Study
- Lesson Eight: Review Questions

## Lesson 9

### Well-Being (II)

- Fitness
- Diet
- Sleep
- Personal Effectiveness
- Case Study
- Lesson Nine: Review Questions

## Lesson 10

### Individuality

- Personality
- Locus of Control
- Self-Monitor
- Autonomy
- Case Study
- Lesson Ten: Review Questions

## Lesson 11

### Personal Application

- Diversity
- Personal Issues
- Workplace Issues
- Social Responsibility
- Case Study
- Lesson Eleven: Review Questions

## Lesson 12

### Wrapping Up

- Words from the Wise
- Review of Parking Lot
- Lessons Learned
- Completion of Action Plans and Evaluations

This course can be fully customised for your business team.  
Please contact us for more details and our team will happy to assist.