



Leading Through Personal Power

Leadership starts within. All great leaders first learn to master and lead themselves, and then are able to attract and marshal the strength of others to achieve their ends. Cultivating our personal power is a lifelong undertaking but there are specific concepts that must be understood and deliberate actions that can be taken to strengthen our manifest power.

Through lecture, group discussion, workshops and experiential activities students are exposed to and learn concepts of leadership and are provided with opportunity to develop skills and capacity to lead others more effectively. A variety of models for behaviour (self, team, leadership, and others) will be introduced to provide tangible links between theory and reality.

Course Benefits

By taking this course you will be able to:

- recognise the relationship between trust, fear, risk taking, personal programmes, beliefs and paradigms, responsibility and achieving success
- know the qualities and characteristics of leaders and an increased awareness of your strengths and weaknesses relative to these
- understand how emotional intelligence contributes to success with yourself and others, and how to increase your levels of it
- appreciate the impact of a leader on those around them
- recognise key leadership styles, their strengths and weaknesses, and identify which styles you tend to rely on
- understand the importance of handling criticism and managing the consequences in light of decisions and directions taken
- develop an action plan for improving leadership qualities
- apply the principles and practices involved in such leadership skills as decision-making, motivating, persuading and communicating effectively

Target Audience

Anyone interested in developing leadership skills, whether executive, manager, project manager etc

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Syllabus Overview

Recognising Leaders

- Leadership examples
- Characteristics and qualities of leaders
- Leading from within
- Necessary steps to develop as a leader

Internal Leadership

- Values, beliefs and personal rules
- Beating self-deception
- Emotional intelligence
- Self-mastery
- Personal responsibility
- Risk taking
- Managing internal confusion
- A positive place for 'negative' emotion

Manifesting Self

- Ethical behaviour
- Integrity
- Trust

- Boldness and courage
- Resilience
- Commitment

Establishing Leadership Presence

- Leadership style
- Power and authority
- Decision making
- Influence and persuasion

Taking Others With You

- Visioning
 - Direction setting
 - Organisational barometer
 - Team building
 - Conflict management
 - Motivating and strengthening followers
 - Relationship building
 - Communicating effectively
 - Negotiation
 - Succession planning
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Prerequisites

None

Duration

3 Days