

→ SELF-LEADERSHIP – LOOK WITHIN TO SUCCEED

«How self-awareness, self-confidence and self-efficacy can help me achieve my goals

Self-leadership is the process by which a person becomes more comfortable with who they are and what they want, allowing them to fulfil their potential and build a strong foundation from which to take daily decisions – both professional and personal. Self-leadership enables more effective communication, enhanced fulfilment and more balanced decisions.

Both men and women can benefit from learning and practicing self-leadership to improve their professional and personal lives. This course can be tailored specifically to women leaders to facilitate sharing experiences and

insights and to give them specific support, advice and tools to use in their leadership roles.

How this workshop will help you

We will explore the topic of self-leadership by addressing self-awareness, self-confidence and self-efficacy. At the same time, this workshop will provide a space where you can exchange ideas and strategies with others on dealing with and succeeding in the situations that you face in your current work environment and your life.

AIMS

At the end of this workshop, you will:

- Recognize that good leadership starts within,
- Be more aware of their values, strengths, achievements and intentions,
- Understand how personality, biases and stereotypes (their own and those of others) impact their self-leadership,
- Feel strengthened in their capacity to find effective and satisfying ways to deal with challenges concerning their professional role,
- Identify their own strategies to develop their (self-) leadership,

METHODOLOGY

The format of the workshop is highly interactive and practical, involving case studies, small group work and discussion sessions. Participants will be actively involved in the course, discussing their own life and leadership experiences and self-reflecting in a guided process. The increased awareness and the tools they will discover can be readily used in daily life to enhance their leadership, success and satisfaction.

DURATION

2,5 days. Individual sessions can be organised to work on specific situations.

TARGET AUDIENCE

Anyone interested in the topic and willing to engage in some guided self-reflexion.
Group leaders, managers.
Maximum number of participants: 14.
Groups can be women only or mixed gender.

TRAINERS

A graduate from the London School of Economics **Melissa Davies** held several management and team leader positions. She is a professional independent negotiator with over 30 years experience in negotiating agreements and training in negotiation skills and conflict management in international organisations, multinational companies, universities and non-profit organisations.

A certified Solution Focused coach, Melissa helps people and organisations face their challenges, to get to where they want to be.

Stéphanie Ruder Schoof holds a Master in Economic and Business Management (HEC Lausanne, 1987). As a coach and trainer, she works with various multinational organizations including pharmaceutical companies, University Hospitals, and not for profit organizations. An experienced Integral Master Coach, Stéphanie has developed an extensive coaching and training practice in which she specializes in Self-Leadership and the “Art and Challenge of Personal Sustainability”.

She says: “If we ever hope to be effective leaders of others, we must first be effective leaders of ourselves”.