

DEEP SELF-DISCOVERY
PERSONAL MASTERY
ENERGISING
LIFE-CHANGING

Self- Leadership

Certificate issued by NWU

This programme has an exclusive self-leadership focus and a design that deepens self-discovery and self-mastery.

It takes participants through an intense personal experience that leads to redefining themselves at work and in their personal lives supported by clear development plans.

It is known for its life-changing personal impact as well as its contribution to building trust in natural teams at work.

The programme is quality assured by NWU Business School.

PROGRAMME PHILOSOPHY

Self-leadership is the process of influencing oneself to establish the self-direction and self-motivation that one needs to perform at an exceptional level, as well as to experience personal meaning and fulfilment.

DESIGNED FOR

Managers, Specialists, Emerging Leaders
Supervisors (Production and Administrative)

Technicians, Personal Assistants and Secretaries

It is also designed for natural teams



PERSONAL BENEFITS

Self-mastery in personal and work life

Practical tools and content for life-long learning

Development plan in partnership with manager

High-performance individual development supported by manager



ORGANISATIONAL BENEFITS

Noticeable improvement in motivation and accountability

New and stronger internal networks

Self-ownership for development in current role

Less dependence on manager for performance

Significant improvement in team cohesion and trust levels (when attended by teams)



DELIVERY

Duration: 6 days in 3 two-day sessions

Venue: In-house at venue of client's choice

Group size: 20 to 30 participants



FOR SUCCESS

Development Plan approved by manager

Portfolio of Evidence

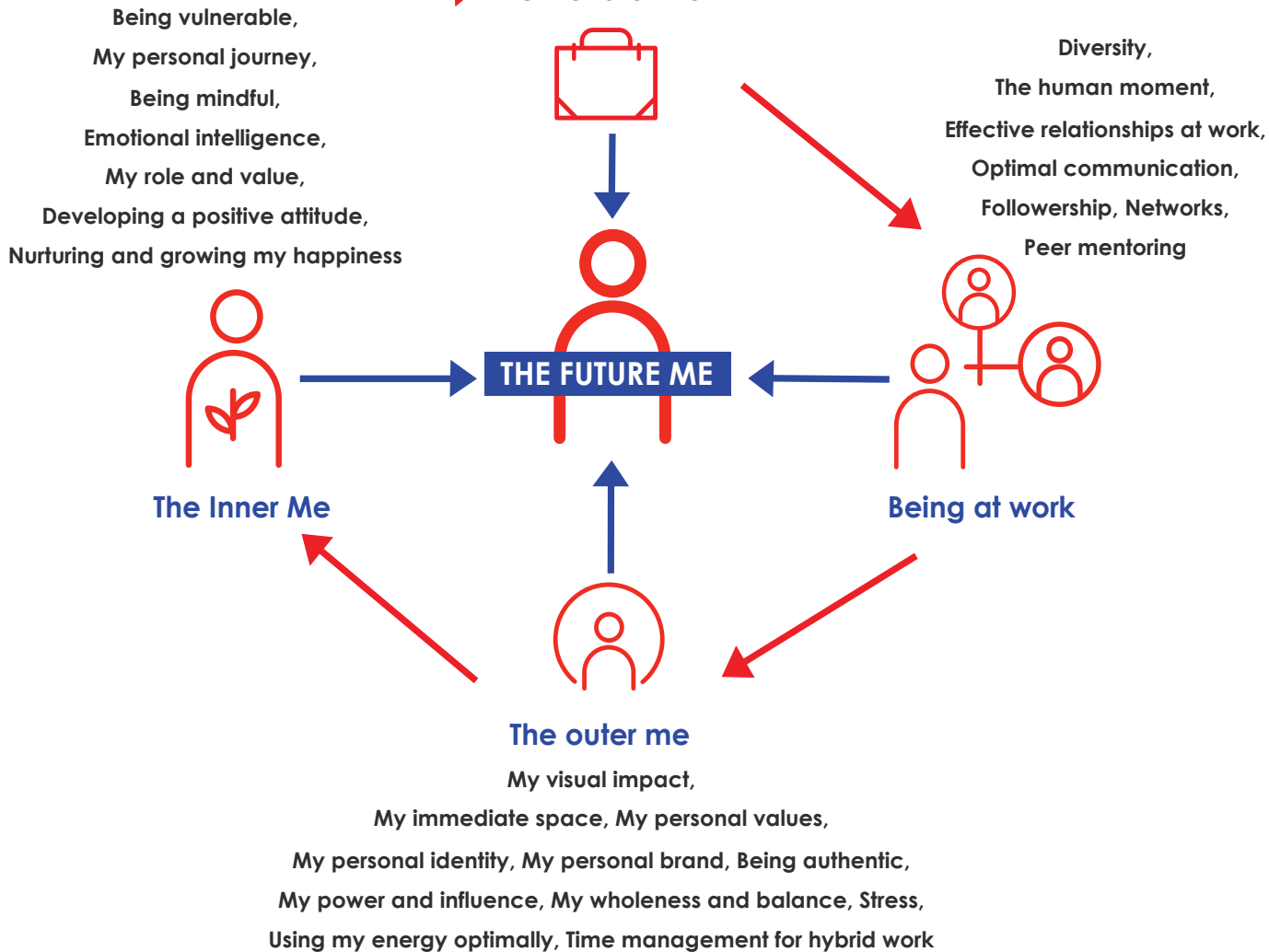
Attendance of at least 5 days



Programme structure and content

The Connection Economy, The new world of work – Hybrid work,
 The high-performance individual,
 How I work and deliver, Making IMPACT, Organisational culture,
 Change, Digital transformation,
 The 4th and 5th Industrial Revolution,
 Exponential change

→ **The world of work**



"This has been the most meaningful and empowering experience of my life. I feel as though nothing is impossible and I have learnt that 'I am imperfectly perfect!'"

"Fantastic programme. It opened my eyes and it has made me a lot more self-aware and it has guided me on how to take charge of my life. I would definitely recommend it to everyone I come in contact with and hope it makes them the best they can be."

"The course was simply a life-changing experience. I can finally say that now I have discovered who I really am."



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