



EFFECTIVE PERSONAL LEADERSHIP

Make a difference in your organization!

Realize your potential for personal leadership through building on strengths,
improving self-image and motivation

Make choices for success by overcoming past conditioning

Overcome obstacles to leadership

Experience self-motivation by altering attitudes, behaviors and habits

Live in harmony with your values

Develop a written, specific success plan

Participants: Business Leaders, Key Individual Contributors

Standard Curriculum: Kick-off plus 8 - 1.5 to 2 Hour Sessions

Custom Curriculum: Add Goal Setting & Communications or Other

Schedule: Open Enrollment Showcase & Custom

Each Session:

Helps you focus on the important issues in your life.

Provides action-oriented exercises to help you develop your plan of action.

Offers feedback for your continuous improvement

One: Your Potential for Personal Leadership

Building on Current Strengths

The Rewards of Leadership

Your Untapped Potential

Self-Image

Self-Motivation

Goal Direction

Two: Making Choices for Success

How Conditioning Works

Sources of Conditioning

Breaking Out of a Conditioned Existence

Your Freedom to Choose

Three: Motivation Through Attitudes and Habits

Satisfying Needs

The Exchange System

Traditional Approaches to Motivation

Motivation Through Attitudes and Habits

Altering Attitudes and Habits

Dealing with Demotivators

BLUEPRINTS FOR SUCCESS

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Four: Designing Your Personal Growth

Making Behavior Change
Redesigning Attitudes through Displacement
Types of Affirmations
Supporting Affirmation with Visualization

Five: Developing a Personal Plan of Action

Identification of Goals
Value of Written Goals
Overcoming Obstacles
Anticipation of Benefits
The Motivation of Target Dates

Six: Goal Setting and Personal Leadership

Personal Values and Goal Setting
Goals that Work
Types of Goals
Integrated Personality

Seven: Five Leadership Essentials

Personal Leadership Development
Crystallized Thinking
Written Plans and Deadlines
A Burning Desire
Supreme Self-Confidence
Unshakable Determination
Leadership Essentials as Criteria

Eight: Realizing Your Full Potential

Overcoming Obstacles to Leadership
Positive Expectancy
Creativity
Living an Abundant Life
Where Do You Go from Here?

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