

# LEADERSHIP LEVEL 1: PERSONAL LEADERSHIP DEVELOPMENT

**CASE STUDY: 'INSIDE OUT' PERSONAL LEADERSHIP DEVELOPMENT AS THE FOUNDATION FOR SUCCESSFULLY LEADING OTHERS**

## AUTHENTIC SELF EXPRESSION

The world is full of examples of the successes of great leaders – unfortunately we are also all too familiar with the dismal failures of the awful ones. Often the difference lies in the level of development of self leadership – a critical prerequisite for effectively leading others.

This Workshop has been designed as an introduction to other leadership development programmes with an emphasis on developing inside-out self leadership authenticity.

Through a structured process of self exploration, attendees gain a better understanding of their own strengths, passions and purposes. The ultimate aim being to develop leaders whose authentic self expression creates value for their organisations.

The workshop is typically for those groomed for leadership positions, or those in leadership positions who have never spent time developing the foundations of an authentic inside-out personal leadership style.

## SELF LEADERSHIP FROM THE 'INSIDE OUT'

Using the Confucius analogy that 'a journey of a thousand miles begins with one small step', we encourage participants to search for the two degree shifts that they can make in each of the following areas of their personal development:

### PERSONAL MASTERY

- Authenticity; the conscious and subconscious; character vs. persona.

### CHANGE MASTERY

- My circle of influence vs. circle of concern; unthinking responses; resilience.

### SYNERGY/ INTERPERSONAL MASTERY

- Effective communication; generational differences.

### PURPOSE MASTERY

- My place in the universe; my mission/ vision statement.

### BALANCE MASTERY

- My balance wheel; time management, urgent and important quadrants.

### ACTION MASTERY

- Just do it!

### BEING MASTERY

- Energy boosters and drainers; calm effectiveness.

## SOME WORKSHOP DETAILS

The workshop has a strong 'me' focus and participants are given ample opportunity to reflect on and answer directed questions.

### A PERSONALISED WORKBOOK OFFERS:

- Summaries of and references to critical presentations and discussion material.
- Enough space to use for projects and for keeping a development diary during and beyond the Workshop.
- Relevant further and motivational reading material

### EXERCISES DONE INCLUDE:

- My current development: using an analogy to reflect on this and describe it to others.
- EQ: psychometric testing.
- Personality preferences: psychometric testing .
- Communication: effective listening.
- Role play.
- Storytelling.

### SUPPORTING MATERIAL USED INCLUDED:

- Video material.
- Personal stories.

## THE ATTENDEES SAID...

*"Logical and rational representing of concepts that had always appeared far apart and unsustainable. If this experience doesn't change my life, nothing will."*

*"Thank you, you may have saved my life!"*

*"This course has made me take the first step (positive) towards the rest of my life (my chosen path)! The facilitator was excellent."*

*"What an amazing experience – Danie was great!"*

*"Thank you for a wonderful workshop! I enjoyed all the practical stuff!!! Excellent presentation overall, I now have the necessary tools to make my life work. It is all up to me."*

*"Very refreshing, will recommend it to anyone. I loved the energy and the enthusiasm the facilitator brought and the passion that was being given"*

{Attendees rated the workshop on all categories between 90 and 100%}



**STRATEGIC HUMAN CAPITAL CONSULTING**

Customising and implementing authentic people strategies and solutions

Tel +27 (0)21 434 5749  
Mobile +27 (0)82 881 1739  
Email [info@strategichumancapital.co.za](mailto:info@strategichumancapital.co.za)  
Web [www.strategichumancapital.co.za](http://www.strategichumancapital.co.za)