

Self-Leadership

Those who lead themselves well are positioned to have incredible impact on others

The degree of impact we have on our team, our business, and in our own lives is directly related to our ability to create the habits, patterns, and the actions for ourselves that create consistent, predictable success. Our future is entirely dependent on our ability to lead ourselves effectively today. This workshop is about defining the results we want, the actions that will make those results happen, and building the habits that will result in those actions being executed consistently over time.

Creating a more successful future is a simple repeatable process

HISTORICAL CONSTRAINTS

Old Habits

Old Actions

Old Results

SELF-LEADERSHIP

Choices

Mental Maps

New Habits

New Actions

New Results

Outcomes – Participants will gain the foundational abilities to do the following:

- Define success as an individual and as an influencer of others in a concrete, clear, and achievable way
- Identify the actions and interactions that will directly result in that definition of success
- Build habits that will result in that set of actions and interactions happening consistently and resulting in continuous progress towards well defined goals
- Understand and leverage the process for habit building and to make self-improvement happen more easily and more consistently
- Use awareness of human behavior change to avoid obstacles to forming successful habits and to create an environment that supports new habit creation
- Create balance in life by designing habits that result in better time management, stress management, and task prioritization

Who Should Attend

- Sales people and others who benefit from a more well designed plan for success

Length

- Self-Leadership is delivered in one and two day formats with the longer version allowing for more intense support with individual habit creation and refinement of individual goals.