



EFFECTIVE PERSONAL LEADERSHIP® (8)

Make a Difference in Your Life

- ⤴ Realize 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, behaviours and habits
 - ⤴ Develop a written, specific success plan

<p><i>ONE: Introduction to Concepts</i></p> <ul style="list-style-type: none"> ⤴ Concepts of Success, Motivation and Attitude Change ⤴ Organizational Climate Survey ⤴ Individual Self-Image Profiles ⤴ Success as Related to Past Conditioning ⤴ Attitude and Habits – The Effective Motivators ⤴ Multi-Sensory Learning ⤴ Spaced Repetition ⤴ The Power of Goal Setting 	<p><i>TWO: Goal Setting</i></p> <ul style="list-style-type: none"> ⤴ Validation of ROI ⤴ Developing Personal Related Goal Planning Sheets ⤴ Developing Business Job Related Goal Planning Sheets ⤴ Fine Tuning Goal Tracking Systems ⤴ Integration of My-Tyme Planner with Goal Planning Sheets ⤴ Profile Evaluation Awareness and Integration into Goal Planning Sheets
<p><i>THREE: Your Potential for Personal Leadership</i></p> <ul style="list-style-type: none"> ⤴ Building on Current Strengths ⤴ The Rewards of Leadership ⤴ Your Untapped Potential ⤴ Self-Image ⤴ Self-Motivation ⤴ Goal Direction 	<p><i>FOUR: Making Choices for Success</i></p> <ul style="list-style-type: none"> ⤴ How Conditioning Works ⤴ Sources of Conditioning ⤴ Breaking Out of a Conditioned Existence ⤴ Your Freedom to Choose
<p><i>FIVE: Motivation Through Attitudes and Habits</i></p> <ul style="list-style-type: none"> ⤴ Satisfying Needs ⤴ The Exchange System ⤴ Traditional Approaches to Motivation ⤴ Motivation Through Attitudes and Habits ⤴ Altering Attitudes and Habits ⤴ Dealing with Demotivators 	<p><i>SIX: Designing Your Personal Growth</i></p> <ul style="list-style-type: none"> ⤴ Making Behaviour Change ⤴ Redesigning Attitudes through Displacement ⤴ Types of Affirmations ⤴ Supporting Affirmation with Visualization
<p><i>SEVEN: Developing a Personal Plan of Action</i></p> <ul style="list-style-type: none"> ⤴ Identification of Goals ⤴ Value of Written Goals ⤴ Overcoming Obstacles ⤴ Anticipation of Benefits ⤴ The Motivation of Target Dates 	<p><i>EIGHT: Goal Setting and Personal Leadership</i></p> <ul style="list-style-type: none"> ⤴ Personal Values and Goal Setting ⤴ Goals that Work ⤴ Types of Goals ⤴ Integrated Personality
<p><i>NINE: Five Leadership Essentials</i></p> <ul style="list-style-type: none"> ⤴ Personal Leadership Development ⤴ Crystallized Thinking ⤴ Written Plans and Deadlines ⤴ A Burning Desire ⤴ Supreme Self-Confidence ⤴ Unshakable Determination ⤴ Leadership Essentials as Criteria 	<p><i>TEN: Realizing Your Full Potential</i></p> <ul style="list-style-type: none"> ⤴ Overcoming Obstacles to Leadership ⤴ Positive Expectancy ⤴ Creativity ⤴ Living an Abundant Life ⤴ Where Do You Go from Here?