

# Leadership Foundations for Women

In order to be effective in your role as a leader you must have a clear understanding of yourself and what you expect of yourself. Leading others demands that you be capable of leading yourself which translates into the development of a whole new set of skills and a degree of self awareness that many are not capable of achieving. These skills will focus on doing the right things for the right reasons at the right time. You will learn what it means to be the leader of your life first and foremost.

Each session lasts between two to three hours. You will bring real life experiences to each session and be expected to utilize your new skills back to the workplace. Session work will consist of discussion and presentation of best practices behaviour. Case studies will accent experiential learning and some take away assignments will be required.

## **Introduction**

Setting Your Personal Starting Point  
Creating a Plan for Success through Attitude and Habits  
A Brief Discussion on Goal Setting

## **Session One - Being the Leader of Your Life**

Understanding the Context  
The Common Characteristics of All Leaders  
Management versus Leadership  
Leadership Can Be Learned

## **Session Two - Self Awareness and Leadership**

Developing a Self Profile  
IQ versus EQ  
Responding to Key Moments in Your Life  
Creating Moments of Personal Power

## **Session Three – Your Belief System, Stress and Communication**

Develop a Strategy for Your Core Beliefs  
Dealing with Stress  
Creating Great Communication Habits

## **Session Four – Practical Applications for Leadership**

Your Mind Your Time  
Defining Success  
A Comprehensive Look at Goal Setting  
Examining Motivation  
Prioritizing for Success

