

The Pathway to Self Leadership

fluency



What this is about

This interactive two-part series creates the conditions for better self-leadership. Self-leadership is about how we develop ourselves to survive and thrive in a volatile and uncertain world, and how we become leaders from the inside out. It guides how we show up and how we interact with others in our personal life and with partners, colleagues, and leaders in our work life.

This workshop equips you with the tools and knowledge to lead yourself well so you can lead others with influence, impact, and inspiration. In the context of continued uncertainty and tumult in our work lives, now is the time to invest in our future through self-leadership.

Part I

Self-Awareness: To better understand others, we must first understand ourselves. Self-awareness is the ability to see ourselves as we really are. We focus on the importance of knowing yourself, your strengths and blind spots, and how asking for feedback and self-reflection can increase your self-awareness.

Self-Management: This is the belief in our ability to manage and regulate our behaviors, thoughts, inner dialogue, and emotions in a conscious and productive way and with intention. We will unearth the resilience that lives within us through Emotional Intelligence, practices of gratitude, and much more.

The Pathway to Self Leadership

Part II

Self-Confidence: Knowing our strengths, having a positive view of ourselves, and trusting in our skills and abilities are essential to showing up with confidence and purpose. We explore how we can sometimes sabotage our confidence through self-judgement and Imposter Syndrome, and how we can summon confidence from our experiences.

Self-Development: Leadership is a life-long journey and not a destination. Self-development is our commitment to ongoing learning, growth, skill building and mentorship. We explore the value of a growth mindset and how we create the space for learning in our lives.

What we learn together

By the end of this workshop learners will be able to:

- Gain understanding into why knowing yourself and your motivations, strengths, weaknesses, and blind spots is essential to your success.
- Identify how thoughts, emotions, and actions are linked and how that gives you agency.
- Strengthen your ability to tap into your internal and external resources to build confidence.
- Use a growth mindset to build courage, continue to learn, and unlock your potential.

Who is this for?

- This two-part workshop is ideal for teams and organizations who want to re-energize and instill self-leadership in others, so they lead themselves well.
- This workshop is an excellent starting point for emerging and new leaders.

How we learn

- Delivered in-person or online.
- Duration: 4 hours total / delivered in 2 x 2hr modules.
- Facilitated by experienced leaders and trainers who are International Coaching Federation (ICF) certified coaches.
- Interactive and participative. We use real-play, not role-play, and lean into inquiry, discussion, demonstration and practice to integrate and embed the learning.

What's Next

Take action. To learn more or book this workshop reach out to us at hello@fluencyleadership.com.