



PERSONAL LEADERSHIP WORKSHOP™

(A 2-day MBTI based - Action Learning Workshop)

SYNOPSIS

Effectiveness is not about “how much” but about “how” and not about “what you do”, but more about “what you don’t”. Most of us, today, lead lives that are almost entirely activity based and live with a false sense of progress and growth based on how much activity we are doing. The epidemic of today is “busy-ness”. The reality however is that without Awareness, Direction, and Strategy it is unlikely that life’s goals will be achieved. This problem is also seen at the organizational level, where often, a lack of role clarity and fogginess about how the role furthers one’s personal life goals, leads to dissatisfaction with the Organization, strained relationships, and a waste of energy in game playing and politics. Most importantly, the energy in our Core Values lies untapped and dormant, while we struggle with superficial, activity-based tasks.

SCOPE

The program is targeted at anyone who believes that she/he can benefit from taking some time out to evaluate their lives and create a path of enhanced benefit for them. There is no pre-requirement of education, age or experience for this course and participants experience the benefit of sharing perspective with people of different ages and types.

METHODOLOGY

Using Myers-Briggs (MBTI) and Participative Action Learning methodology, The Personal Leadership Workshop is designed to help participants enhance their ability in building relationships and achieving their potential in terms of their Life Goals. Participants are helped to identify their areas of strength and development needs and learn how to operate from strength and collaborate with other’s strengths when working in groups.

TYPE OF INTERACTION

The interaction is fast paced, often intense, with periods of silent reflection and one-on-one conversation. Participants will work towards creating a Life Goal Plan and Achievement Strategy for themselves with the group being the source of shared learning and critique. Where requested, personal coaching is available during the course to help with understanding individual issues.

SAMPLE MODULES

- Understanding Yourself: Identifying Core Values
- Discovering a Personal Vision: Identifying own strengths and learning leverage
- Life Goal Planning: Developing a Life Goal
- Strategizing for Goal Achievement: Developing a Personal Strategy
- Managing Conflict: Using Stress as a Driver towards Goal Achievement