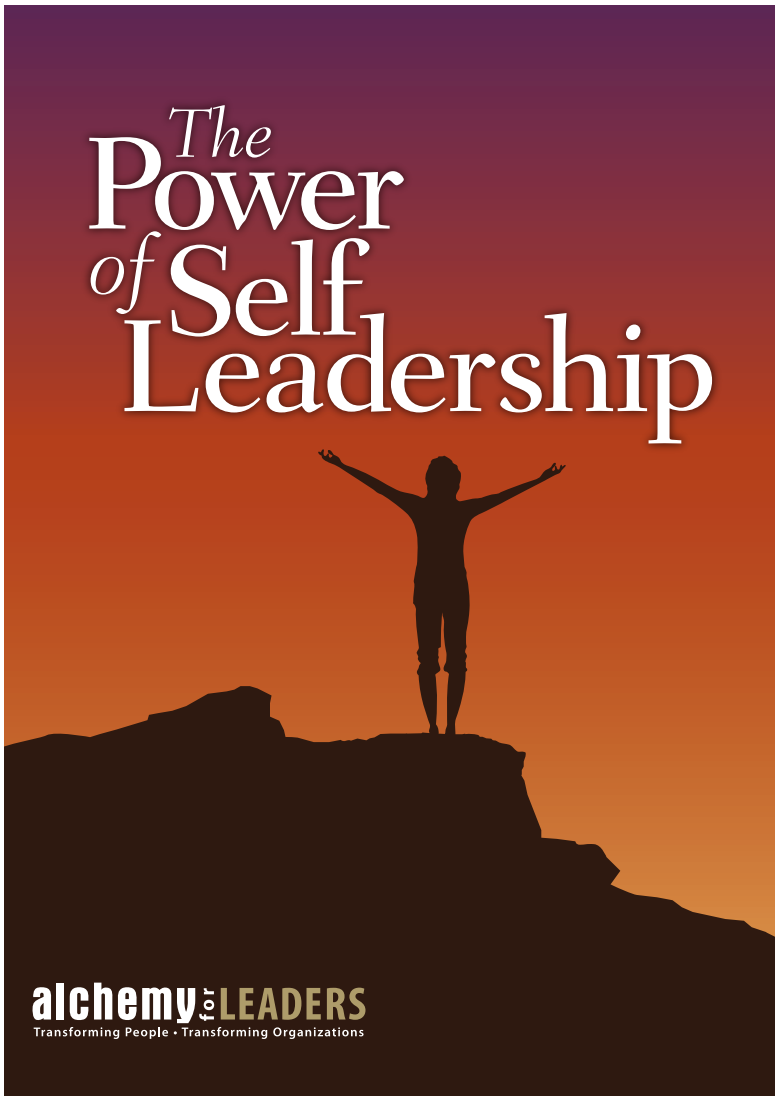
The Power of Self Leadership

Course Overview



alchemy for LEADERS

Transforming People • Transforming Organizations

Our Philosophy and Approach

Leaders perform at their full potential and capacity when they are given the opportunity to grow and evolve. Alchemy for Leaders is a consulting firm dedicated to developing leaders who know how to lead themselves, develop the talent around them, create team synergy and foster strategic collaboration between departments and strategic partners. We partner with senior leadership teams to customize our training design so that your core values, mission and strategic objectives are integrated into our programs.

Rationale for Training

The Power of Self Leadership: We cannot effectively lead others if we don't know how to lead ourselves. This training guides leaders in developing their internal authority - their confidence, conviction, authenticity, and personal vision. When leaders have internal authority (not just the role and title), others will naturally follow. Participants who complete the course have a much greater understanding of who they are, what they stand for, and why they do what they do.

Course Outline - The Power of Self Leadership

Presentation of theoretical framework for the course:

- Self Leadership Overview
- Emotional Intelligence
- Stages of Behavioral Change

The course is designed around five questions every leader should be able to answer:

- What is my leadership narrative?
- What is worth my time, energy and gifts?
- What do I stand for?
- Why am I doing what I'm doing?
- What is my vision for the future?

Course Objectives:

- Increase your self awareness as a leader
- Uncover what truly motivates and inspires you
- Clarify your leadership influences including core values and beliefs
- Identify new behaviors and strategies for more effective leadership
- Chart a map for continued growth and development

Course Design & Sample Activity

The training design is highly experiential as participants are guided through a series of activities designed to raise their level of self awareness and create a blueprint for their leadership moving forward.

One exercise centers around **Creating a Personal Vision Statement**. Participants draw on information gathered in a series of activities throughout the course to identify their core motivator, core values, unique abilities (gifts), and purpose as a leader. The result is a personal vision that will inspire, motivate, and focus each individual leader.

Peer Development Follow-Up

Training participants are assigned to small peer groups that meet periodically following the training to ensure that the learnings and insights from the course translate to new behaviors and practices. These peer development groups provide mutual support, coaching, and accountability.

Course Feedback from Participants:

The Power of Self Leadership invited me to reflect on my values and drivers as a leader in such a way that led to nothing short of a personal transformation.

I really didn't see myself as a leader before the training. Now I know I am a leader.

Excellent hands-on training to empower leaders.

Best leadership training I have ever attended!

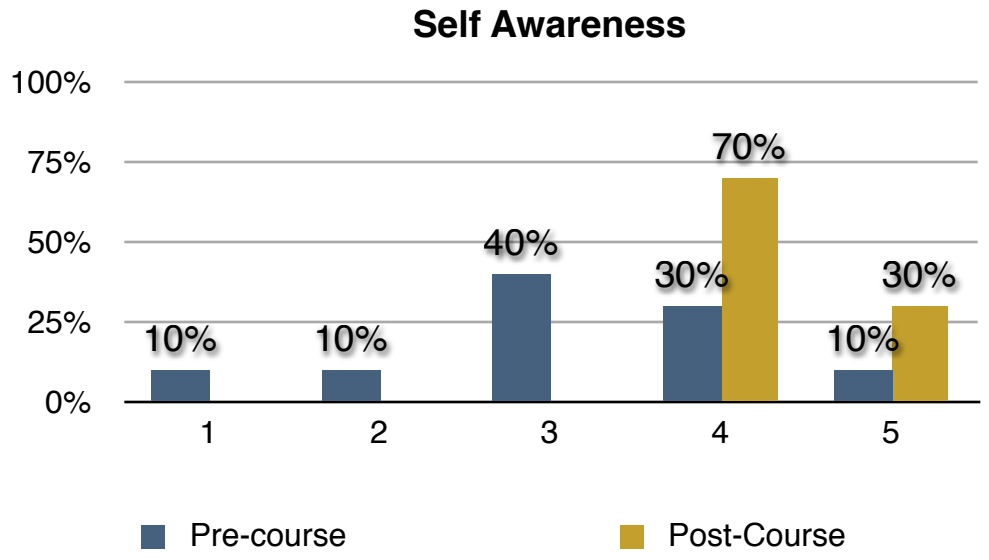
This is the best thing I've experienced while at this company.

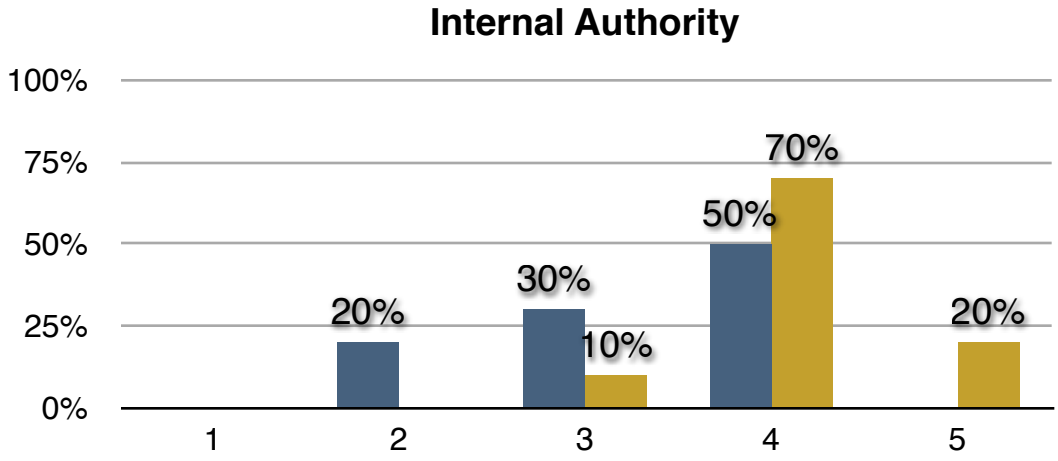
The training inspires self-development, uncovers hindering behaviors, and teaches you how to leverage your gifts to lead in a more powerful way.

I walked out of The Power of Self Leadership more self aware, more confident, and better able to fully engage in my professional relationships.

Measuring the Results

A group of leaders from one organization participated in the Power of Self Leadership training delivered by Alchemy for Leaders in September 2011. Each leader was asked to rank their current levels of self awareness and internal authority (clarity, conviction and vision) as a leader before and after the program on a scale from 1 to 5 (1=very low, 5=very high). The results show a significant increase in both self awareness and internal authority for the group. See the graphs below for the results.





For more information about this and other courses offered by Alchemy for Leaders, contact Brian Jaudon at 407.388.8440 or email brian@alchemyforleaders.com.