

DEEP SELF-DISCOVERY  
PERSONAL MASTERY  
ENERGISING  
LIFE-CHANGING

# Self- Leadership

Certificate issued by NWU

This programme has an exclusive self-leadership focus and a design that deepens self-discovery and self-mastery.

It takes participants through an intense personal experience that leads to redefining themselves at work and in their personal lives supported by clear development plans.

It is known for its life-changing personal impact as well as its contribution to building trust in natural teams at work.

The programme is quality assured by NWU Business School.

## PROGRAMME PHILOSOPHY

Self-leadership is the process of influencing oneself to establish self-direction and self-motivation that one needs to perform at an exceptional level, as well as to experience personal meaning and fulfilment.

### DESIGNED FOR

Managers, Specialists, Emerging Leaders  
Supervisors (Production and Administrative)

Technicians, Personal Assistants and Secretaries

It is also designed for natural teams



### PERSONAL BENEFITS

Self-mastery in personal and work life

Practical tools and content for life-long learning

Development plan in partnership with manager

High-performance individual development supported by manager



### ORGANISATIONAL BENEFITS

Noticeable improvement in motivation and accountability

New and stronger internal networks

Self-ownership for development in current role

Less dependence on manager for performance

Significant improvement in team cohesion and trust levels (when attended by teams)

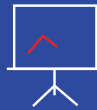


### DELIVERY

Duration: 6 days in 3 two-day sessions

Venue: In-house at venue of client's choice

Group size: 20 to 30 participants



### FOR SUCCESS

Development Plan approved by manager

Portfolio of Evidence

Attendance of at least 5 days



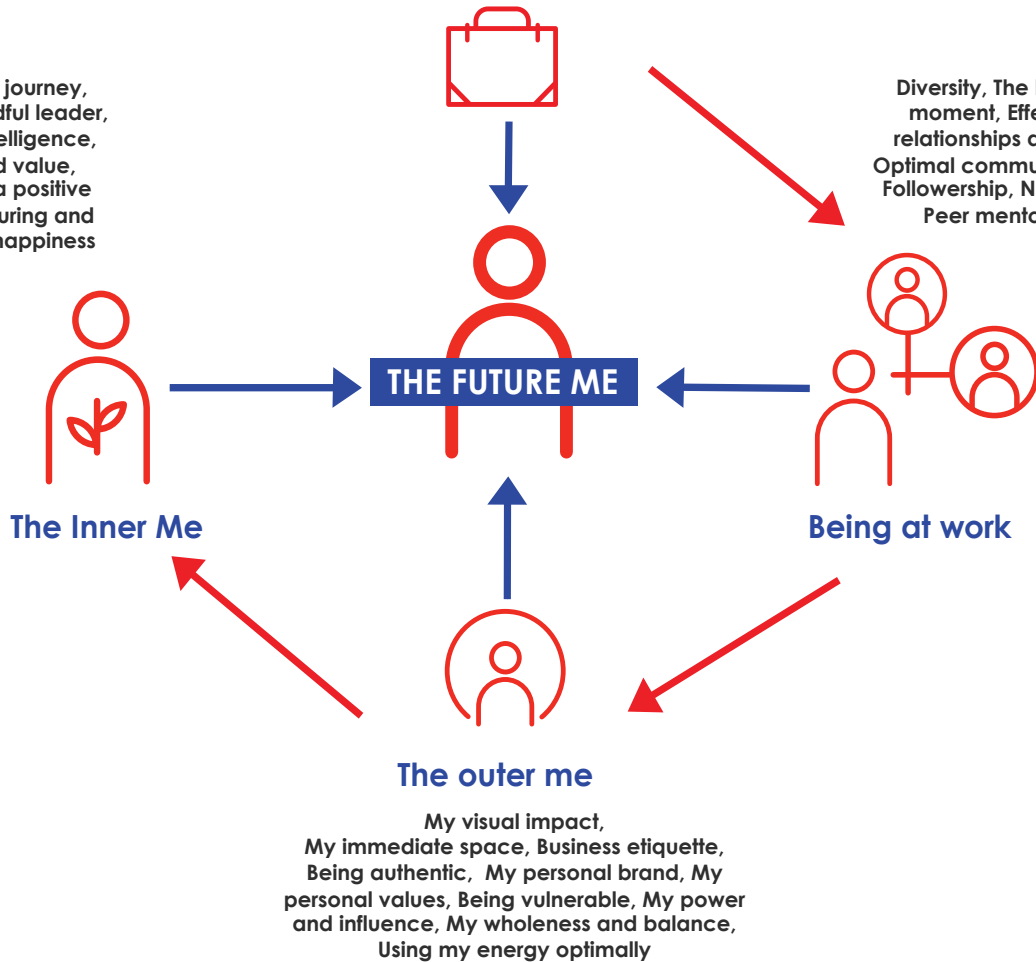
# Programme structure and content

The Connection Economy,  
The high-performance individual,  
How how I work and deliver, making IMPACT,  
Organisational culture, Change,  
Business ecosystems, Digital transformation,  
The 4th Industrial Revolution,  
Exponential change

→ The world of work

My personal journey,  
Being the mindful leader,  
Emotional intelligence,  
My role and value,  
Developing a positive  
attitude, Nurturing and  
growing my happiness

Diversity, The human  
moment, Effective  
relationships at work,  
Optimal communication,  
Followership, Networks,  
Peer mentoring



"This has been the most meaningful and empowering experience of my life. I feel as though nothing is impossible and I have learnt that 'I am imperfectly perfect!'"

"Fantastic programme. It opened my eyes and it has made me a lot more self-aware and it has guided me on how to take charge of my life. I would definitely recommend it to everyone I come in contact with and hope it makes them the best they can be."

"The course was simply a life-changing experience. I can finally say that now I have discovered who I really am."



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