



Self-Leadership Development

The Motivational Intelligence Course



The
**Power
Within**[™]

Think **Bigger** • Be **Better** • Achieve **More**
The Motivational Intelligence Company

Self-Leadership Development

(Course Length: 8-12 Hours)

Our Self-Leadership course has been designed and developed to give you back more control of your career, business, and professional life.

Since we spend more than 80% of our time either at work or in our business, we have structured the course to help those looking to enhance their career prospects or business success by using our unique Motivational Intelligence 7 steps to success framework.

The 7-step success system will take you through a journey of self-discovery, self-awareness, and self-development enabling you to understand the barriers and self-limiting obstacles that have been holding you back. It will guide you through the process of not only overcoming these barriers and obstacles but eliminating them from your life once and for all.

This program has been designed from the ground up to inspire, guide and develop YOU to achieve not only measurable success in your career, but help you to create that dream job and make an immediate impact in everything YOU do.

“Self-leadership is the process by which you influence yourself to achieve your goals and objectives.”

Self-Leadership: What is it and why is it so important to me?

Leadership is the ability to influence and serve people to get things done.

Meanwhile, self-leadership is the ability to consciously influence your own thoughts and behaviour to achieve your personal goals or an organisation's objectives.

Self-Leadership is having a developed sense of who you are, what you can do, where you are going coupled with the ability to influence your communication, emotions, and behaviour on the way to getting there.

Self-leaders are constantly developing themselves; they have Self-Awareness, Self-Confidence and high Self-Efficacy or Self-Belief, also known as a Success Belief System.



Self-Leadership

Self-Leadership Development allows your conscious and sub-conscious beliefs systems to work in unison for a predetermined goal or set of outcomes.

Self-Awareness

is about knowing your intentions and values, as well as knowing what can 'push your buttons' and derail you.

Self-Confidence

comes from knowing your strengths and abilities. As we take actions and develop skills, we become more confident.

Self-Efficacy

is the belief that whatever comes our way, we can handle it. We can take the feedback, accept, adjust, and advance. With self-efficacy we can be more creative and innovative.

One of the first skills sets of Self-leadership is the ability to STOP, STEP BACK and REFLECT from the things that trigger us to react; because when we react, we are being controlled by the trigger.

The second skill is to consider our INTENTION.

Intention is what is important to us, our values and what we are trying to achieve. By being intentional we can start to live a life of choice.

Intention precedes any purposeful action (behaviour) - rather than a reaction. Actions have effects; which the true self-leader evaluates through the Power of feedback.

Influence is the result of a purposeful action. We must positively influence ourselves and the world around us if we are to make a change.

Impact is how our intention and influence are measured in the world.

Self-leadership is a journey, and the more self-leadership we attain the more successful we become and the more successful we become, the more self-leadership we need."

"Too soon and too often is better than too late and not enough"

Design & Delivery



Unleash
Your True
Potential

Create Your
Personalised
7 Step
Success
Framework

Peak
Performance
and
Self-Mastery

Growth
Mindset and
Mindset
Performance

The Power of
Feedback

Taking Back
Control of Your
Personal &
Professional
Journey

Goal Setting
& Defining

We work with you, designing and delivering your individual and team leadership programmes that are specifically tailored to your team and your business dynamic.

We have numerous business development and leadership solutions designed to meet the needs of today's evolving leaders, creating leaders of tomorrow today:
To Think **BIGGER**, Be **BETTER** and Achieve **MORE**.

“I was truly blown away and left feeling so inspired and passionate about what we learned and how I can drive both myself and my team forward.”



The Power Within exists to help you and your team become a confident and a high performing business professional with the power to shape your future, grow your business and develop your personal and professional goals.

Learn the framework of self-leadership management and motivational development from an experienced business professional whose talent and ability has been proven in every marketplace he has worked, with practical insights and real-life stories. Your fellow learners are all open-minded professionals too, so you will grow your network alongside the other top performing business professionals.

Whatever stage you have reached in your career or business, you can always expand your knowledge and develop the mindset of a successful high-performance professional with personalised workshops and coaching all focused around the success formula framework.



 0330 133 2975

 contact@tpwtd.com

 www.thepowerwithintraining.com



Skills
Development
Scotland

ITA Approved Provider

