

Self-Leadership: Leading Yourself with Intention



Effective leadership begins with the ability to lead oneself well. This workshop helps participants develop the mindset, discipline, and intentional habits required to take ownership of their actions, decisions, and personal growth. By strengthening self-leadership, individuals increase their capacity to lead others with credibility and consistency.

This workshop develops self-leadership as a foundational capability for effective leadership. Participants learn to lead themselves with intention by strengthening self-awareness, motivation, goal alignment, and personal accountability—resulting in greater focus, confidence, and long-term effectiveness.

Workshop Objectives:

- Demonstrate greater personal accountability by intentionally managing their mindset, behaviors, and daily choices as a leader.
- Clarify personal values, motivations, and priorities to ensure alignment between intent, actions, and leadership impact.
- Strengthen self-motivation and discipline to remain focused, resilient, and productive in the face of competing demands.
- Apply goal-setting and self-management strategies that support consistent performance and long-term leadership effectiveness.
- Increase self-awareness and emotional regulation to make thoughtful decisions rather than reactive responses.
- Model credibility and consistency by leading themselves in a way that builds trust and confidence with others.
- Develop intentional habits and routines that support sustainable leadership growth and personal well-being.



Course Outline:

Module One: Getting Started

Module Two: What Is Self-Leadership?

Module Three: Motivators

Module Four: Behavior Focus (I)

Module Five: Behavior Focus (II)

Module Six: Natural Rewards

Module Seven: Constructive Thinking

Module Eight: Well-Being (I)

Module Eight: Review Questions

Module Nine: Well-Being (II)

Module Ten: Individuality

Module Eleven: Personal Application

Module Twelve: Wrapping Up