

## **Workshop outline: Self-leadership**

### **Synopsis/overview**

Taking a step back from the phrase, “Leadership isn’t about title or position”, we go further still to consider that “people need to know how to lead themselves, before they can truly lead others”. Not to worry- we don’t mean that you can’t be a leader anymore- leadership is a dynamic process where we learn on a daily basis.

In this highly interactive and dynamic workshop, John helps leaders explore their thoughts, beliefs and feelings about leadership. He also helps people understand the things that we have control over, vs the things that we simply have influence over. Participants will work away with an enhanced understanding of what they need to do to ramp up their leadership journey- and the people in their lives will see the difference. This workshop is suitable for any minimum number of participants, with a maximum of 15. The workshop can be delivered in a half day, one day or two day format. The workshop is aimed at anyone who is, or aspiring to be a leader.

### **Presenter**

Originally from Australia, John pursued a bachelor of psychiatric nursing in Canada followed closely by a Master’s degree in his field. As he gained experience working in both public and private health care settings, he took time to reflect on how leaders need to understand themselves best before they are in an effective position to support others.

As a scrappy entrepreneur John continues to pursue new opportunities to lead him to his position today in educational leadership. Without a constant vigilance about his own thoughts, beliefs and feelings in business John would be held back from pursuing excellence and being able to support those in his community. Self-leadership is the key. He is a therapist in private practice providing services to youth, adults and couples. He is the President & CEO of LINKS Institute, a

private career college.

### **Learning objectives**

- Seek new perspectives and growth opportunities to increase effectiveness and build team capacity.
- Develop a diverse array of facilitation techniques and communication skills to stimulate creative thinking, ensure all voices are understood, and accomplish intended goals.
- Model self-care and wellness behaviors to encourage workforce satisfaction and productivity.
- Facilitate a culture of inquiry that assesses the impact of trends, future scenarios, challenges, and opportunities.

### **Workshop topics**

- Leadership vs Management
- What are leadership qualities
- Understanding emotional intelligence
- Why do people want to be a leader
- How is our desire to be a leader formed
- Learning about our attitude
- Delivering feedback using emotional intelligence
- Understanding levels of ability to control
- Self-restraint in leadership
- Pulling it all together

### **Cost available on request and is based on:**

- Number of participants
- Length or workshop
- Whether the workshop is online or in-person
- LINKS Institute collects GST