



2010

Effective Personal Leadership® Leadership Development Schedule

“Whatever you vividly image, ardently desire, sincerely believe and enthusiastically act upon, must inevitably come to pass!”

Schedule of Sessions

Pre-conference Goal setting

one-on-one session

Kick off meeting

Including Planning Tool training

LESSON ONE: *Your Potential For Personal Leadership*

- ✓ Building on current strengths
- ✓ The rewards of Leadership
- ✓ Your untapped potential
- ✓ Self-image
- ✓ Self-motivation
- ✓ Goal direction
- ✍ *Action steps*

LESSON TWO: *Making Choices For Success*

- ✓ How conditioning works
- ✓ Sources of conditioning
- ✓ Breaking out of a Conditioned Existence
- ✓ Your freedom to choose
- ✍ *Action steps*

LESSON THREE: *Motivation Trough Attitudes And Habits*

- ✓ Satisfying needs
- ✓ The exchange system
- ✓ Traditional approaches to motivation
- ✓ Motivation trough attitudes and habits
- ✓ Altering attitudes and habits
- ✓ Dealing with demotivators
- ✍ *Action steps*

LESSON FOUR: *Designing Your Personal Growth*

- ✓ Making behavior change
- ✓ Redesigning attitudes through displacement
- ✓ Types of affirmations
- ✓ Supporting affirmation with visualization
- ✍ *Action steps*

Mid-Term Evaluation

LESSON FIVE: *Development of a Personal Plan of Action*

- ✓ Identification of goals
- ✓ Value of written goals
- ✓ Overcoming obstacles
- ✓ Anticipation of benefits
- ✓ The motivation of target dates
- ✍ *Action steps*

LESSON SIX: *Goal Setting And Personal Leadership*

- ✓ Personal values and goal setting
- ✓ Goals that work
- ✓ Types of goals
- ✓ Integrated personality
- ✍ *Action steps*

LESSON SEVEN: *Five Leaders Essentials*

- ✓ Personal Leadership development
- ✓ Crystallized thinking
- ✓ Written plans and deadlines
- ✓ A burning desire
- ✓ Supreme self-confidence
- ✓ Unshakable determination
- ✓ Leadership essential as criteria
- ✍ *Action steps*

LESSON EIGHT: *Realizing Your Full Potential*

- ✓ Overcoming obstacles to leadership
- ✓ Positive expectancy
- ✓ Creativity
- ✓ Living an abundant life
- ✓ Where Do We Go From Here?
- ✍ *Action steps*

Final Evaluation

Review and Participants Graduation