



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

(Conference hall Comodo, Sofia)

Pre-conference SWOT analysis    one-on-one session    *Free for Open Autumn classes*

Pre-conference Goal setting    one-on-one session    *Free for Open Autumn classes*

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*