

DEEP SELF-DISCOVERY  
PERSONAL MASTERY  
ENERGISING  
LIFE-CHANGING

# Self- Leadership

Certificate issued by NWU

This programme has an exclusive self-leadership focus and a design that deepens self-discovery and self-mastery.

It takes participants through an intense personal experience that leads to redefining themselves at work and in their personal lives supported by clear development plans.

It is known for its life-changing personal impact as well as its contribution to building trust in natural teams at work.

The programme is quality assured by NWU Business School.

## PROGRAMME PHILOSOPHY

Self-leadership is the process of influencing oneself to establish the self-direction and self-motivation that one needs to perform at an exceptional level, as well as to experience personal meaning and fulfilment.

### DESIGNED FOR

Managers, Specialists, Emerging Leaders  
Supervisors (Production and Administrative)

Technicians, Personal Assistants and Secretaries

It is also designed for natural teams



### PERSONAL BENEFITS

Self-mastery in personal and work life

Practical tools and content for life-long learning

Development plan in partnership with manager

High-performance individual development supported by manager



### ORGANISATIONAL BENEFITS

Noticeable improvement in motivation and accountability

New and stronger internal networks

Self-ownership for development in current role

Less dependence on manager for performance

Significant improvement in team cohesion and trust levels (when attended by teams)



### DELIVERY

Duration: 6 days in 3 two-day sessions

Venue: In-house at venue of client's choice

Group size: 20 to 30 participants



### FOR SUCCESS

Development Plan approved by manager

Portfolio of Evidence

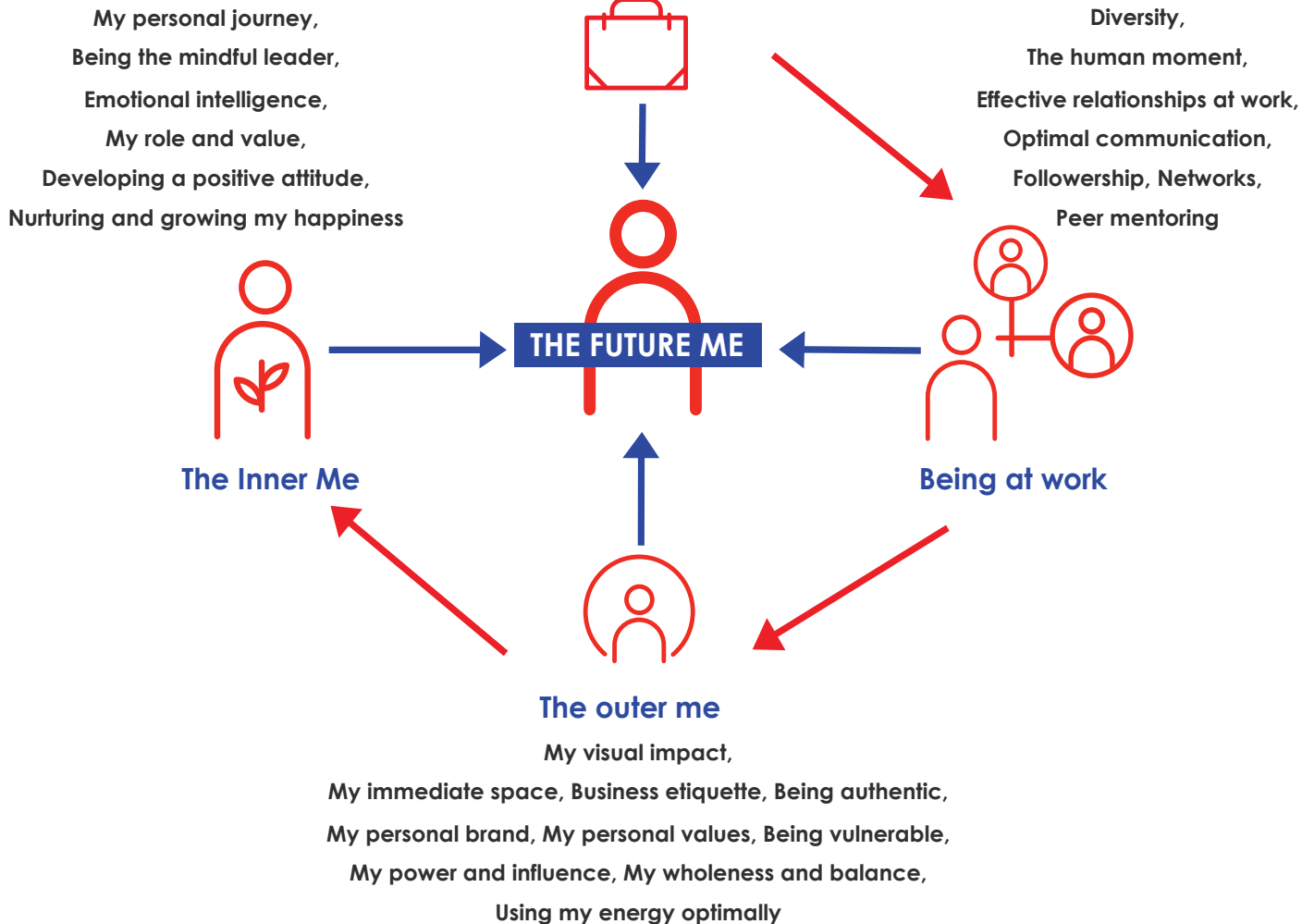
Attendance of at least 5 days



# Programme structure and content

The Connection Economy,  
The high-performance individual,  
How I work and deliver, Making IMPACT, Organisational culture,  
Change, Business ecosystems, Digital transformation,  
The 4th and 5th Industrial Revolution,  
Exponential change

→ The world of work



"This has been the most meaningful and empowering experience of my life. I feel as though nothing is impossible and I have learnt that 'I am imperfectly perfect!'"

"Fantastic programme. It opened my eyes and it has made me a lot more self-aware and it has guided me on how to take charge of my life. I would definitely recommend it to everyone I come in contact with and hope it makes them the best they can be."

"The course was simply a life-changing experience. I can finally say that now I have discovered who I really am."



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