

SELF LEADERSHIP ONLINE

Learning Design

SECTION	DURATION	KEY CONTENT
Self Leadership Overview and Challenge Assumed Constraints—the first component of a self leader’s mindset	26 min	Discover Self Leadership Self Leadership Preview Perceptions—Self Leadership Questionnaire Mindset and Skillset Self Leader Mindset Challenge Assumed Constraints The Self Leader Summary and Quiz
Goal Setting—the first skill of a self leader	18 min	Goal Setting—Why Bother? Benefits of Goal Setting Discover Goal Setting SMART Goal Setting Elements of a SMART Goal SMART or Not-so-SMART? Identify a Goal Is Your Goal SMART? Summary and Quiz
Diagnosing—the second skill of a self leader	29 min	Discover Diagnosing Where Am I? Diagnosing Competence and Commitment Learning to Ride Cross-Country Development Level 1 D1 Descriptors Development Level 2 D2 Descriptors Development Level 3 D3 Descriptors Development Level 4 D4 Descriptors Where Am I?—Results SLII Mobile App Summary and Quiz
Matching—the third skill of a self leader	17 min	Discover Matching Matching Review the SLII Model Direction and Support Direction or Support? Leader Behaviors Match or Mismatch? Be Proactive Summary and Quiz

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Learning Design (continued)

SECTION	DURATION	KEY CONTENT
<p>Activate Points of Power—the second component of a self leader’s mindset</p>	<p>15 min</p>	<p>Discover Activate Points of Power Points of Power Where’s the Power? Five Points of Power Match Points of Power Exploring Your Power Strategic Use of Power Activate Points of Power Summary and Quiz</p>
<p>Matching Conversations and Be Proactive—the third component of a self leader’s mindset</p>	<p>31 min</p>	<p>Discover Matching Conversations Best and Worst of Times Be Proactive Proactive Skills A D1 Conversation D1—Enthusiastic Beginner A D2 Conversation D2—Disillusioned Learner A D3 Conversation D3—Capable, but Cautious, Contributor</p> <p>D4—Self-Reliant Achiever D1 Conversation—What If ... D2 Conversation Practice D3 Conversation—What If ... D4 Conversations Why Be Proactive? Summary and Quiz</p>
<p>Mastering Self Leadership—activities to help you master the mindset and skillset of a self leader</p>	<p>15 min</p>	<p>Discover Mastering Self Leadership One on One Conversations A One on One Conversation What People Want from Work Perceptions—Self Leader Questionnaire Perceptions—Tips Perceptions—Interpretation Guide Mindset of a Self Leader Skillset of a Self Leader Summary and Quiz</p>