

# EFFECTIVE PERSONAL LEADERSHIP®

## *Create a High Performance Organization*

- Realize potential for personal leadership through building on strengths
- Improve self-image and motivation
- Make choices for success by overcoming past conditioning
- Overcome obstacles to leadership
- Experience self-motivation by altering attitudes, behaviors and habits
- Develop a written, specific success plan

<p><i>ONE: Your Potential for Personal Leadership</i></p> <ul style="list-style-type: none"> <li>▪ Building on Current Strengths</li> <li>▪ The Rewards of Leadership</li> <li>▪ Your Untapped Potential</li> <li>▪ Self-Image</li> <li>▪ Self-Motivation</li> <li>▪ Goal Direction</li> </ul>	<p><i>FIVE: Developing a Personal Plan of Action</i></p> <ul style="list-style-type: none"> <li>▪ Identification of Goals</li> <li>▪ Value of Written Goals</li> <li>▪ Overcoming Obstacles</li> <li>▪ Anticipation of Benefits</li> <li>▪ The Motivation of Target Dates</li> </ul>
<p><i>TWO: Making Choices for Success</i></p> <ul style="list-style-type: none"> <li>▪ How Conditioning Works</li> <li>▪ Sources of Conditioning</li> <li>▪ Breaking Out of a Conditioned Existence</li> <li>▪ Your Freedom to Choose</li> </ul>	<p><i>SIX: Goal Setting and Personal Leadership</i></p> <ul style="list-style-type: none"> <li>▪ Personal Values and Goal Setting</li> <li>▪ Goals that Work</li> <li>▪ Types of Goals</li> <li>▪ Integrated Personality</li> </ul>
<p><i>THREE: Motivation Through Attitudes and Habits</i></p> <ul style="list-style-type: none"> <li>▪ Satisfying Needs</li> <li>▪ The Exchange System</li> <li>▪ Traditional Approaches to Motivation</li> <li>▪ Motivation through Attitudes and Habits</li> <li>▪ Altering Attitudes and Habits</li> <li>▪ Dealing with Demotivators</li> </ul>	<p><i>SEVEN: Five Leadership Essentials</i></p> <ul style="list-style-type: none"> <li>▪ Personal Leadership Development</li> <li>▪ Crystallized Thinking</li> <li>▪ Written Plans and Deadlines</li> <li>▪ A Burning Desire</li> <li>▪ Supreme Self-Confidence</li> <li>▪ Unshakable Determination</li> <li>▪ Leadership Essentials as Criteria</li> </ul>
<p><i>FOUR: Designing Your Personal Growth</i></p> <ul style="list-style-type: none"> <li>▪ Making Behavior Change</li> <li>▪ Redesigning Attitudes through Displacement</li> <li>▪ Types of Affirmations</li> <li>▪ Supporting Affirmation with Visualization</li> </ul>	<p><i>EIGHT: Realizing Your Full Potential</i></p> <ul style="list-style-type: none"> <li>▪ Overcoming Obstacles to Leadership</li> <li>▪ Positive Expectancy</li> <li>▪ Creativity</li> <li>▪ Living an Abundant Life</li> <li>▪ Where Do You Go from Here?</li> </ul>