

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

Newly Commercialised Farmers

Non-Managers and people in specialist roles



### 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)

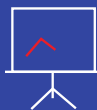


### DELIVERY

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



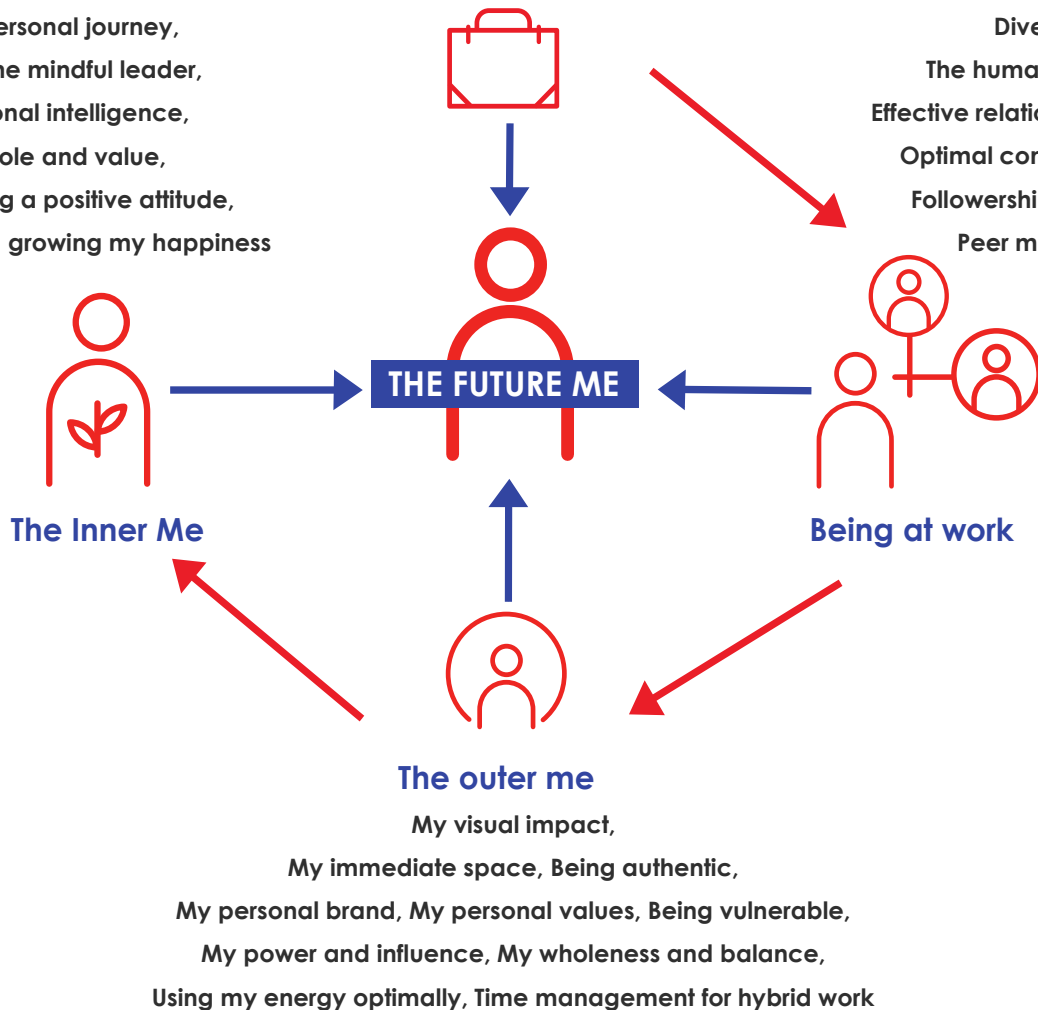
# Programme structure and content

The Connection Economy, The new world of work – Hybrid work,  
The high-performance individual,  
How I work and deliver, Making IMPACT, Organisational culture,  
Change, Digital transformation,  
The 4th and 5th Industrial Revolution,  
Exponential change

→ **The world of work**

My personal journey,  
Being the mindful leader,  
Emotional intelligence,  
My role and value,  
Developing a positive attitude,  
Nurturing and growing my happiness

Diversity,  
The human moment,  
Effective relationships at work,  
Optimal communication,  
Followership, Networks,  
Peer mentoring



*"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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