

DEEP SELF-DISCOVERY  
PERSONAL MASTERY  
ENERGISING  
LIFE-CHANGING

# Self-Leadership: The Schoeman Way

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

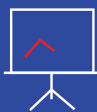
Significant improvement in team cohesion and trust levels (when attended by teams)

### 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

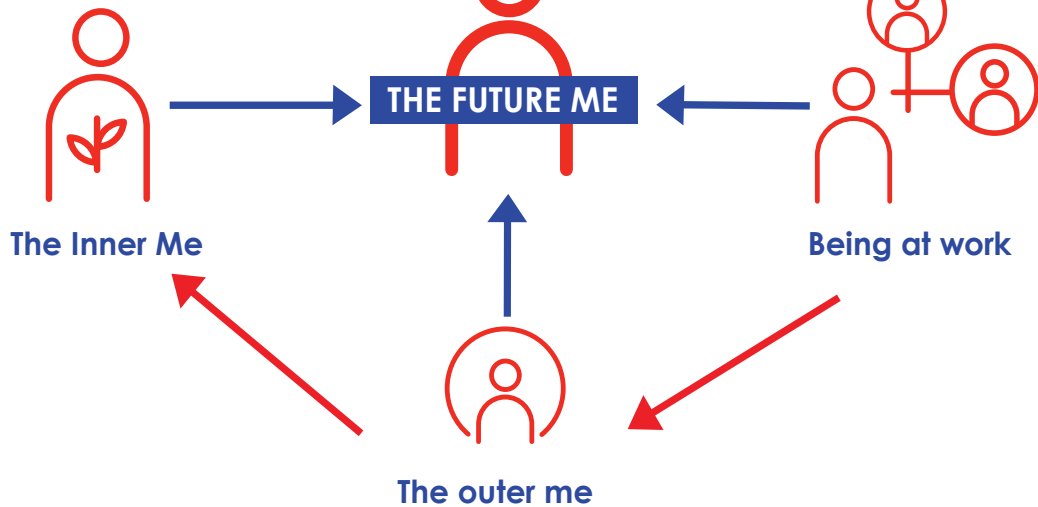
Industrial Revolutions, The Connection Economy,  
Our Strategy, Change, Innovation,  
The high-performance individual,  
How I work and deliver – Making IMPACT

Change and renewal,  
Being vulnerable,  
My personal journey,

→ **The world of work**

Emotional Intelligence,  
Communication – Information processing,  
Learn to learn,  
Peer mentoring (transfer of knowledge),  
Effective relationships at work,  
Courageous followership

Developing a positive attitude and enthusiasm,  
Nurturing and growing my happiness,  
Being mindful,  
The future me - Redefining Myself:  
Personal and Professional development plan



**The Inner Me**

**The outer me**  
My immediate space, My personal values,  
My personal identity, My personal brand, Being authentic,  
My power and influence, My wholeness and balance, Stress,  
Managing my money

*"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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