

# Self-Leadership

Certificate issued by NWU

ENERGISING  
SELF-DISCOVERY  
SELF-MASTERY  
LIFE-CHANGING



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.

## 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)

## DESIGNED FOR

- Managers, Specialists, Emerging Leaders
- Supervisors (Production and Administrative)
- Technicians, Personal Assistants and Secretaries
- It is also designed for natural teams

## FOR SUCCESS

- Development Plan approved by manager
- Portfolio of Evidence
- Attendance of at least 5 days

## DELIVERY

- Duration: 6 days in 3 two-day sessions
- Venue: In-house at venue of client's choice
- Group size: 20 to 30 participants
- Programme could also be offered virtually
- Also LMS based

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## Programme structure and content

Emotional Intelligence,  
Diversity and inclusivity,  
Relationship intelligence,  
Effective relationships at work,  
Optimal communication,  
Networks, Followership,  
Peer mentoring

My personal brand,  
My identity, Being authentic,  
My power and influence,  
My wholeness and balance,  
Stress, Being mindful



Knowledge



Being at work



Self-Leadership



The future me



The outer me

World of work

Industrial Revolutions, The Connection Economy,  
The new world of work – Hybrid work,  
The high-performance individual,  
How I work and deliver - Making IMPACT,  
Organisational culture,  
Change, Resilience, My personal values

The inner me

Being vulnerable,  
My personal journey,  
Happiness.  
The future me - Redefining Myself:  
Personal and Professional development plan



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WE CREATE CHANGE CAPACITY  
B-BBEE LEVEL 2

