Essentials of Self-Leadership

Do you want to know the elements in self-leadership?
Are you able to link between yourself and your leadership style?

Introduction

Self-leadership is the art of taking deliberate responsibility for one's own actions, choices, and growth. It is about knowing who you are, defining what you want, and intentionally guiding yourself towards meaningful goals. Rooted in theories of self-control, social cognition, and self-determination, self-leadership is more than just personal discipline—it is a mindset and a skill set that empowers individuals to thrive both personally and professionally. For leaders, it is the foundation of leading by example, demonstrating authenticity, and inspiring others through one's own actions. For organisations, the benefits extend far beyond the individual: self-led employees are more engaged, resilient, and capable of driving collective success. This programme equips participants with the tools and strategies to develop self-leadership, strengthening not only their own capacity but also their ability to influence others positively.

Program Objectives

This program aims to:
- Build awareness of the concept, principles, and practices of self-leadership.
- Equip participants with practical techniques to apply self-leadership for personal and professional improvement.
- Strengthen the ability to connect self-awareness, behaviour, and leadership style in the workplace.
- Support individuals in cultivating resilience, optimism, and sustainable habits that enhance leadership effectiveness.

Learning Outcomes

After completing this program, the participants should be able to:
- Define self-leadership and explain its theoretical foundations.
- Describe the four pillars of self-leadership and the competencies that underpin them.
- Assess their own leadership style through self-reflection and personality profiling.
- Apply behavioural, cognitive, and motivational strategies to strengthen self-leadership.
- Integrate self-leadership practices into daily life, improving well-being, performance, and professional relationships.

Methodology

Gamification, case study, interview, case simulation, quiz, group discussion, lecture, videos.

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Who Should Attend

From junior executives to senior executives and anyone who are interest to apply self-leadership for personal improvement

Program Outline

Day One	
Time	**Topics**
9:00am – 10:30am	**Fundamentals and the Four Pillars of Self-Leadership** The opening session introduces the concept of self-leadership and the theories that underpin it. Participants will explore the four pillars—self-discovery, self-acceptance, self-management, and self-growth—and examine how these form the foundation of effective leadership. The module also introduces the eight core competencies of self-leadership, providing participants with a structured framework for personal development.
10:30am – 11:00am	Tea Break and Networking
11:00am – 1:00pm	**Recognising the Self-Control System** This module explores self-control as an essential executive function that enables individuals to regulate their behaviour in pursuit of long-term goals. Participants will study how self-control curbs impulsive actions and supports thoughtful decision-making. Through discussion and practice, they will learn techniques for strengthening self-regulation and maintaining focus on meaningful objectives.
1:00pm – 2:00pm	Lunch and Networking
2:00pm – 3:30pm	**Leadership Self-Assessment and Personality Profiling** Self-awareness is at the heart of leadership. In this module, participants will engage in personality profiling exercises to uncover their individual leadership styles. By linking personality traits to workplace behaviour, they will develop a clearer understanding of their strengths, blind spots, and preferred approaches to leading others. The insights gained will form the basis for personal action plans.
3:30pm – 4:00pm	Tea Break and Networking
4:00pm- 5:00pm	**Behavioural Focus Strategies** Leadership effectiveness often depends on the alignment of values, attitudes, and behaviours. Using the iceberg model of behaviour,

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this module highlights the underlying drivers of visible actions. Participants will explore self-observation, self-reward and self-punishment, self-cueing, and goal setting as strategies to reinforce constructive behaviours. Practical exercises will help them test and embed these methods in real-life scenarios.

Day Two	
Time	**Topics**
9:00am – 10:30am	**Natural Reward Strategies** Not every task is enjoyable, yet self-leaders know how to reframe challenges constructively. This session teaches participants to shift their focus from the unpleasant aspects of tasks to the intrinsic rewards they can provide. By practising natural reward strategies, participants will learn to increase intrinsic motivation and sustain momentum even in demanding circumstances.
10:30am – 11:00am	Tea Break and Networking
11:00am – 1:00pm	**Constructive Thinking Strategies** The way we think directly influences the way we act. This practical module equips participants with tools for constructive thinking, including positive self-talk, mental imagery, and belief-challenging exercises. Through guided practice, they will learn how to replace limiting assumptions with empowering ones, enhancing both resilience and confidence in their leadership journey.
1:00pm – 2:00pm	Lunch and Networking
2:00pm – 3:30pm	**Personal Well-Being in Self-Leadership** Sustainable leadership begins with personal well-being. This module connects self-leadership to physical, mental, and emotional wellness. Participants will explore how goal-setting, time management, and healthy routines contribute to balance and resilience. Case studies will illustrate how leaders can maintain productivity without sacrificing well-being, ensuring long-term effectiveness.
3:30pm – 4:00pm	Tea Break and Networking
4:00pm- 5:00pm	**Self-Leadership in Practice** The closing session focuses on integrating learning into daily practice. Participants will engage in structured self-reflection and apply the Continue–Stop–Start (CSS) method to identify behaviours they should continue, let go of, or adopt. By the end of this module, they will have a clear personal roadmap for embedding self-leadership into all areas of their life and work.

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