

Self-Leadership Course Details

Department: Supervisors and Managers

Presented by Magna Skills Development Institute

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Training Coordinator: Denis Wunganayi



CORPORATE TRAINING
Agency

OUR SERVICES :

- Search Engine Optimization
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 Our Website
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Course Summary

As we grow, we learn to become leaders. Being a leader is natural for some, and learned for others. No matter how we have become a leader, it is important to remember we must lead ourselves before we lead others. Take the time to motivate yourself and realize that you can do it.

Course Objectives

Research has consistently demonstrated that when clear goals are associated with learning, it occurs more easily and rapidly.

At the end of this workshop, participants should be able to:

- Understand what self-leadership is
- Motivate yourself
- Set goals
- Reward yourself when positive things happen
- Think positively

Course Outline

Module One: Getting Started

- Workshop Objectives

Module Two: What Is Self-Leadership?

- Sources
- Before Action
- During
- After Action
- Case Study
- Module Two: Review Questions

Module Three: Motivators

- Need for Autonomy
- Self-Efficacy
- External Factors

- Internal Factors
- Case Study
- Module Three: Review Questions

Module Four: Behavior Focus (I)

- Focusers and Reminders
- Cues
- Self-Observation
- Goal Setting
- Case Study
- Module Four: Review Questions

Module Five: Behavior Focus (II)

- Purpose
- Reward
- Punishment
- Practice
- Case Study
- Module Five: Review Questions

Module Six: Natural Rewards

- Definition
- Competence
- Purpose and Self-Control
- Life Activities
- Case Study
- Module Six: Review Questions

Module Seven: Constructive Thinking

- Positive Thinking
- Self-Talk
- Aware of Personal Beliefs and Assumptions
- Opportunity Thinking

- Case Study
- Module Seven: Review Questions

Module Eight: Well-Being (I)

- Emotional Intelligence
- Stress Management
- Optimism
- Fun and Happiness
- Case Study
- Module Eight: Review Questions

Module Nine: Well-Being (II)

- Fitness
- Diet
- Sleep
- Personal Effectiveness
- Case Study
- Module Nine: Review Questions

Module Ten: Individuality

- Personality
- Locus of Control
- Self-Monitor
- Autonomy
- Case Study
- Module Ten: Review Questions

Module Eleven: Personal Application

- Diversity
- Personal Problems
- Workplace Problems
- Social Responsibility
- Case Study

- Module Eleven: Review Questions

Module Twelve: Wrapping Up

- Words from the Wise
- Lessons Learned



Company Overview

Who We Are: Magna Skills is a premier training and capacity-building organization specializing in professional development for government institutions, NGOs, and the private sector.

Our Mission: To provide world-class training solutions that equip professionals with the expertise needed to excel in their careers and contribute meaningfully to their organizations.

Our Vision: To be the leading provider of professional training and development across Africa, fostering excellence, innovation, and capacity-building in public and private sectors.

Core Values

- **Excellence** – Delivering high-quality training tailored to meet the evolving needs of professionals.
- **Integrity** – Upholding the highest ethical standards in all our engagements.
- **Innovation** – Embracing new technologies and methodologies to enhance learning experiences.
- **Customer-Centric Approach** – Ensuring client satisfaction by providing relevant, practical, and impactful training.
- **Collaboration** – Partnering with industry experts and institutions to provide the best learning opportunities.

Our Training Methodology

We use a blended learning approach that includes instructor-led training, case studies, workshops, and post-training support.

Why Choose Magna Skills?

- Experienced Trainers
- Customized Training Solutions
- Interactive Learning
- Global Recognition
- Proven Track Record

Request for Training Form

Complete the form and share with Magna Skills Support Team on email info@magnaskills.com or Send Whatsapp on: +27630079022

Approval & Authorization	
Applicant Details	Course Details
First Name:	Course Name:
Last Name:	Training Venue:
Mobile:	Month:
Email:	Training Method: Online[____] Face to Face [____]
Company Name:	Duration:
Country:	Number of Staff Members:

By signing this agreement, both parties confirm their commitment to the terms outlined in this proposal.