

effective personal leadership - 15

This programme will help you to:

- focus on personal development
- improve confidence and self image
- identify success attitudes
- alter past conditioning
- overcome self-limiting obstacles
- empower, motivate and inspire
increase self-motivation
- change attitudes, behaviours and habits
- improve efficiency



Everyone takes on a level of responsibility and importance as they represent their business to the outside world. Their personal motivation and self-image is fundamental to how they perform, respond and lead.

This programme helps existing leaders, senior managers and individuals concentrate on personal performance, leadership development, and potential. It focuses direction, aids increased productivity, and revives enthusiasm so that both organisational and personal goals can be achieved.

The EPL-15 programme is our premier business leadership programme for CEO's and Senior Directors. Participants work with an experienced Training Director on a one-to-one basis over a number of months, which means that the programme can be tailored to specific requirements and runs at a pace comfortable to them.

During coaching each participant will discover the benefits of utilising our unique process of gradual change over time, spaced repetition and multi sensory learning to guarantee new, effective practices that last a lifetime.

To learn more about our full range of programmes, workshops and services, contact:

Attitude Changes Everything

Tel: 0845 5193825 Fax: 0845 5193822

Mob: 07771 968763

Email: info@attitudechangeseverything.com

programme content

format 16 x 2 hour sessions

Programme benefits:

- identify and achieve important personal goals
- build on personal strengths
- increase personal productivity
- develop a sense of purpose
- achieve results and goals

Lesson one	Introduction
Lesson two	Who can exercise personal leadership
Lesson three	Preparation for leadership
Lesson four	We are a conditioned people
Lesson five	Understanding motivation
Lesson six	Attitudes and habits
Lesson seven	Goal setting and personal leadership
Lesson eight	Five leadership essentials
Lesson nine	Your personal plan for leadership action - I
Lesson ten	Your personal plan for leadership action - II
Lesson eleven	Affirmation and visualisation
Lesson twelve	Time management
Lesson thirteen	Decision making and problem solving
Lesson fourteen	Communication and listening
Lesson fifteen	Leadership in business
Lesson sixteen	Live a full life

All lesson materials are provided in written and audio format, and include a Plan of Action.



