

# WORKSHOP OUTLINE

**“The 5 Behaviors of Effective Personal Leadership...For Ascension to Public Leadership...”**

**Course Duration – 1 Day**

## **COURSE FORMAT:**

### **1. INTRODUCTION OF FACILITATORS**

### **2. POST REGISTRATION: PRE-WORK:**

- Read published article in Leadership Excellence Magazine on HR.com and Complete Pre-Work Packet:  
[http://design.hr.com/ExcellenceEssentials/LE/LeadershipExcellence\\_Aug2014/index.html#/10/](http://design.hr.com/ExcellenceEssentials/LE/LeadershipExcellence_Aug2014/index.html#/10/)

### **3. BOOK BACKGROUND**

### **4. LEARNING OBJECTIVES:**

- Help individuals construct a missing critical foundation of effective personal leadership to:
  - *Develop key long-term behaviors for leading self and others*
  - *Create enduring responsible, genuine, trustworthy, conscious and effective leaders of others*
  - *Avoid repeating an economic, moral, social and ethical collapse*
  - *Prevent global leadership crisis from recurring*
- Enable professionals and their organizations to achieve better results and realize their fullest potential by:
  - *Preparing individuals to successfully fulfill current and future business leadership roles and responsibilities and advance their careers*
  - *Developing individuals' confidence to lead others through self-mastery*
  - *Creating a deep bench strength of leaders for the organization at every level*
- Encourage collective advancement vs. only self-gain through:
  - *Promoting understanding, compassion and mindfulness of others as one learns about and leads self*
  - *Making egoless, comprehensive and appropriate decisions that benefit **ALL** concerned (ecosystem)*
- Look to self for leadership instead of relying on others to fulfill you vision and organizational goals

### **5. BEHAVIOR 1: BECOMING DEEPLY SELF-AWARE**

- Explore the 5 vital components that form self and therefore your unique brand that you present to the world each day
  - *Learn how these 5 components shape you personally and professionally*
  - *Discover how to elevate from the sub-conscious to the conscious level*
  - *Learn how to be purposeful with your thoughts and behaviors*

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**Course Duration – 1 Day Cont’d.**

## **BEHAVIOR 1: BECOMING DEEPLY SELF-AWARE CONT’D.**

- Know who you are at your inner most core level
- Understand the ecosystem you are part of and how your actions and decisions affect others in your business and the environment at large
- **Class Activity: Self-reflective and Self-introspective exercises and class/group discussion**

## **6. BEHAVIOR 2: WRITING ABOUT, EVALUATING AND REVIEWING HARSH EXPERIENCES**

- Discover the reasons and meaning behind harsh experiences and difficult times
- Realize the benefits of recording, analyzing and extracting the inherent wisdom from challenging experiences
- Learn how to systematically apply this behavior and progress from the tough fights
- Understand how difficult experiences contribute to forming your own unique character and brand
- **Class Activity: Self-reflective, group sharing exercises and class discussion**

## **7. BEHAVIOR 3: TENDING TO THE HEALTH OF YOUR MIND, BODY AND SPIRIT**

- Discover the benefits of your 3 most significant assets
- Learn how these 3 assets affect each other’s performance and why you cannot ignore one at the expense of the other
- Understand how these 3 assets play a significant role in surmounting daily challenges and difficult phases, assist in the long-term development, maintenance, longevity, effectiveness and achievement as a personal and business leader
- **Class Activity: Self-assessment, development of an action plan and group/class discussion**

## **8. BEHAVIOR 4: DEVELOPING A WRITTEN COURSE OF ACTION TOWARD IMPROVEMENT**

- Learn an effective approach to improve your performance and chances of materializing your significant personal and business leadership aspirations
- Realize the advantages to developing a written course of action toward improvement
- **Class Activity: Self-reflective exercise, development of an action plan and group/class discussion**

## **9. BEHAVIOR 5: PERSEVERING – THE ABILITY TO ENDURE AND FORGE AHEAD**

- Learn why it is necessary to resist and endure many tests to become your own best self and business leader
- Discover your leadership strengths and blind spots
- Learn what F.R.O.S.T. stands for and why it is a necessary ingredient for worthwhile, true and enduring success as a personal and business leader
- Identify and analyze reasons for relinquishing your goals
  - *Learn effective approaches to remain committed to your goals*

**Course Duration – 1 Day Cont’d.**

**BEHAVIOR 5: PERSEVERING – THE ABILITY TO ENDURE AND FORGE AHEAD CONT’D.**

- Envision success and prepare to overcome barriers
- Realize that significant and constant challenges can lead to extraordinary growth as a personal and business leader
- Understand how embracing difficult circumstances can be a blessing in disguise
- Create a network of support for living your new plan
- **Class Activity: Self-reflective exercises, development of an action plan and group/class discussion**

**10. PUTTING IT ALL TOGETHER**

- Learn how to move forward with the insights and new behaviors awakened during this course
- **Class Activity: Self-assessment and goal-setting charts, development of action plan for 30, 60 and 90-days and self-assessment on progress made for each behavior**

**11. CONCLUSION/TAKEAWAYS**

**12. COMPLETE FEEDBACK FORM**

----- **END OF PROGRAM** -----

***Note: Outline structure and content are subject to change.***

## Author Alpesh Fadia's Biography

### Career Overview:

- 20+ years of Leadership, Culture and Customer Strategy consulting and corporate experience
- Held positions with Accenture, Ernst & Young, Deloitte Consulting, Panasonic and as an independent consultant
- Coached client staff to CEO (people, strategy, technology)
- Published articles on leadership and customer strategy

### Education:

- M.S. in Org. Dynamics/Leadership – Univ. of Pennsylvania
- B.S. in Marketing – Fairleigh Dickinson University

